

## Effects of random whole-body vibration on postural control in Parkinson's disease.

Turbanski S, Haas CT, Schmidtbleicher D, Friedrich A, Duisberg P.

Institute of Sport Sciences, Johann Wolfgang Goethe-University, Frankfurt/Main, Germany. [turbanski@sport.uni-frankfurt.de](mailto:turbanski@sport.uni-frankfurt.de)

### Abstract

We investigated spontaneous effects of random whole-body vibration (rWBV) on postural control in Parkinsonian subjects. Effects were examined in biomechanical tests from a total of 52 patients divided equally into one experimental and one control group. Postural control was tested pre- and post-treatment in two standardized conditions (narrow standing and tandem standing). The intervention was based on rWBV ( $\hat{y}$ : 3 mm, f: 6 Hz 1 Hz/sec) consisting of 5 series lasting 60 seconds each. The main findings from this study were that (1) rWBV can improve postural stability in Parkinson's disease (PD) spontaneously (2) these effects depend on the test condition. Based on the results of this study, rWBV can be regarded as an additional device in physical therapy in PD.

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