

Functional Movement Therapy with Full Body Vibration

These exercises, often coupled with vibration, help restore and refine how you move your body.

How does Functional Movement with Full Body Vibration work?

Functional movement and full body vibration has shown tremendous results in increasing strength and proprioception, while decreasing spasticity and rigidity. Vibration stimulates small sensors in muscles and tendons (MS and GTO) to activate cortical areas and improve processing of the motor movements. Proper breathing mechanics are a focus during this therapy as breathing through a movement helps you “own” it.

Functional movement will focus on how well you can move your body; bending, sliding, crossing, reaching, and twisting - promoting what you can do while improving what is difficult for you and potentially limiting you in your life through pain or restriction.



Gait therapy can also be done on the vibration platform to help improve your ability to ambulate your environment following a stroke, TBI, or neurodegenerative condition.



Clinically Proven Benefits

- Enhances brain-body connection
- Releases endorphins for pain and mood
- Reduces spasticity
- Restores neuromuscular connections
- Improves coordination
- Refines spatial awareness
- Enhances balance and gait
- Increases self-awareness
- Boosts cognitions



Symptoms Addressed

- Pain
- Movement disorders
- Spasticity
- Rigidity
- Proprioceptive disorders
- Fatigue
- Muscle strain
- Ligament sprains
- Joint pains
- Musculoskeletal conditions
- Movement optimization