

Studien zur Oszillationstechnologie



- Studien



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Studien

Schmerzen

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Osteoporose / Knochendichte

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Von Stengel, S; Kemmler, W; Engelke, K. & Kalender, W.A. (2010). „Effects of whole body vibration on bone mineral density and falls: results of the randomized controlled ELVIS study with postmenopausal women“

Marin-Puyalto J, Gomez-Cabello A, Gonzalez-Aguero A, Matute-Llorente A, Gomez-Bruton A, Jurimae J, Casajus JA, Vicente-Rodriguez G ; J Pediatr Endocrinol Metab, 2020; 33(5): 623-630, „Effects of whole-body vibration training on bone density and turnover markers in adolescent swimmers.“

Knierarthrose

Rapp W, Albrich C, Horstmann T, Heitkamp HC 2007 (40. Deutscher Sportärzte Kongress), Medizinische Universitätsklinik Tübingen, Abteilung Sportmedizin; „Vibrationstraining mit Gonarthrosepatienten“ (Knierarthrose)

Gleichgewicht, Muskelkraft

Han YG, Lee SW, Yun CK; J Exerc Rehabil, 2019; 15(4): 597-602; "The immediate influence of various whole-body vibration frequency on balance and walking ability in children with cerebral palsy: a pilot study."

Lee K, Lee S, Song C; Tohoku J Exp Med, 2013; 231(4): 305-14; „Whole-body vibration training improves balance, muscle strength and glycosylated hemoglobin in elderly patients with diabetic neuropathy.“

Perchthaler D, Hauser S, Heitkamp HC, Hein T, Grau S; J Sports Sci Med, 2015; 14(1): 155-62; "Acute effects of whole-body vibration on trunk and neck muscle activity in consideration of different vibration loads."

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Neuromuskuläre und hormonelle Effekte

Kvorning, T., Bagger, M., Caserotti, P., & Madsen, K. (2006). Effects of vibration and resistance training on neuromuscular and hormonal measures. *Eur.J.Appl.Physiol*, 96, 615-625.

Mester, J., Spitzenfeil, P., Schwarzer, J., & Seifriz, F. (1999). Biological reaction to vibration--implications for sport. *J.Sci.Med.Sport*, 2, 211-226.

Rittweger, J., Beller, G., & Felsenberg, D. (2000). Acute physiological effects of exhaustive whole-body vibration exercise in man. *Clin.Physiol*, 20, 134-142.

Paineiras-Domingos LL, Sa-Caputo DDC, Moreira-Marconi E, Morel DS, da Fontoura Dionello C, Sousa-Goncalves CR, Frederico EHFF, Marin PJ, Tamini S, Sartorio A, Bernardo-Filho M; Growth Factors, 2017; 35(4-5): 189-200; "Can whole body vibration exercises affect growth hormone concentration? A systematic review."

Sport / Training

Cardinale, M. & Bosco, C. (2003). The use of vibration as an exercise intervention. *Exerc. Sport Sci. Rev.*, 31, 3-7.

Marin-Puyalto J, Gomez-Cabello A, Gonzalez-Aguero A, Matute-Llorente A, Gomez-Bruton A, Jurimae J, Casajus JA, Vicente-Rodriguez G ; *J Pediatr Endocrinol Metab*, 2020; 33(5): 623-630, "Effects of whole-body vibration training on bone density and turnover markers in adolescent swimmers."

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