Medical Vibration Therapy in Osteopenic patients with Galileo900/2000

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Probably due to lack of standardization, there is no consistency regarding the effect of whole body vibration (WBV) on bone mass. We invited 37 consecutive patients with osteopenia (t -1,0) to enter a study on the effects, efficacy and safety of WBV once a week (32 Hz. during 9 minutes). 35 patients completed the study. The increase in BMD of the femoral neck was about 4% in two years and the increase of the BMD of the lumbar spine was about 2.5% in two years. One half of the patients were suppleted with calcium and vitamin D; this suppletion had no extra effect on BMD. The acceptance for WBV was sufficient (compliance 90% and was without any adverse events).

Group I (n=19 (13 F / 6 M)
Age: 61 yrs ± 7
10 post menopausal
WBV on Galileo2000
1x/week: 3 x 3 min @16 Hz

Group II (n=18 (13 F / 5 M)
Age: 64 yrs ± 5
8 post menopausal
•WBV on Galileo2000
•1x/week: 3 x 3 min @16 Hz
•Vitamin D 400 I.U. / day
•Calcium 500 mg / day

Dual Energy X-Ray Absorptiometry (DEXA)
At 0 – 6 – 12 and 24 months