

Contents

Part I The Fundamentals

- 1 **The Physics of Vibration** 3
Jörn Rittweger and Redha Taiar
- 2 **The Biology of Vibration** 23
Eddy A. van der Zee
- 3 **Design Principles of Available Machines** 39
Rainer Rawer
- 4 **Safety and Contraindications** 55
Danny A. Riley and Jörn Rittweger

Part II Physiological Responses

- 5 **Biomechanics of Vibration Exercise** 69
Darryl Cochrane and Jörn Rittweger
- 6 **Cutaneous and Muscle Mechanoreceptors: Sensitivity to Mechanical Vibrations** 87
Edith Ribot-Ciscar
- 7 **Electromyographical Recordings During Vibration** 109
Ramona Ritzmann, Ilhan Karacan, and Kemal S. Türker
- 8 **Supraspinal Responses and Spinal Reflexes** 121
Ramona Ritzmann and Katya Mileva
- 9 **Assessing Reflex Latencies in Responses to Vibration: Evidence for the Involvement of More Than One Receptor** 135
Ilhan Karacan and Kemal S. Türker
- 10 **Metabolic Responses to Whole-Body Vibration Exercise** 143
Jörn Rittweger
- 11 **Circulation Effects** 155
Darryl Cochrane and Jörn Rittweger

-
- 12 Hormonal Responses to Vibration Therapy** 169
Eloá Moreira-Marconi, Danubia da Cunha de Sá-Caputo,
Alessandro Sartorio, and Mario Bernardo-Filho
- Part III Use of Vibration for Training**
- 13 Warming-Up** 187
Darryl Cochrane
- 14 Modulation of Neuromuscular Function** 203
Pedro J. Marín
- 15 Application in Athletes** 213
Darryl Cochrane
- 16 Using Whole-Body Vibration for Countermeasure Exercise** 229
Patrick J. Owen, Daniel L. Belavy, and Jörn Rittweger
- Part IV Clinical Applications**
- 17 How to Design Exercise Sessions with Whole-Body
Vibration Platforms** 247
Christina Stark and Jörn Rittweger
- 18 Whole-Body Vibration in Geriatric Rehabilitation** 255
Martin Runge and Jörn Rittweger
- 19 Application of Vibration Training for Enhancing Bone Strength** 269
Debra Bemben
- 20 Whole-Body Vibration Exercise as a Treatment Option for
Chronic Lower Back Pain** 279
Jörn Rittweger
- 21 Pediatric Rehabilitation** 285
Christina Stark, Ibrahim Duran, and Eckhard Schoenau
- 22 Chronic Obstructive Pulmonary Disease (COPD)**. 319
Rainer Gloeckl
- 23 Urinary Incontinence** 329
Volker Viereck and Marianne Gamper
- 24 Primary Muscle Disorders** 337
Ibrahim Duran, Christina Stark, and Eckhard Schoenau
- 25 Application of Vibration Training in People with Common
Neurological Disorders** 343
Feng Yang

- 26 Whole-Body Vibration Therapy in Patients with Pulmonary Hypertension and Right Heart Failure: Lessons from a Pilot Study . . . 355**
 Felix Gerhardt and Stephan Rosenkranz
- 27 Vibration Exercise and Vibration Therapy in Metabolic Syndrome . . . 363**
 Laisa Liane Paineiras-Domingos, Danúbia da Cunha de Sá-Caputo,
 and Mario Bernardo-Filho
- 28 Whole-Body Vibration Exercise in Cancer. 381**
 Patrícia Lopes-Souza, Danúbia da Cunha de Sá-Caputo,
 Redha Taiar, and Mario Bernardo-Filho

Video 1.1 Excitation of a tuning fork, as an example of a natural oscillation
 Video 1.2 Playground swing, as an example of a driven oscillation
 Video 3.1 The suspended pendulum as a stable equilibrium
 Video 3.2 The inverted pendulum as an unstable equilibrium
 Video 3.3 Ultrasound movies of the gastrocnemius muscle during vibration at 4 Hz and 16 Hz
 Video 17.1 Squatting exercise on a side-alternating vibration platform
 Video 17.2 Deep squats on a side-alternating vibration platform
 Video 17.3 Call raises on a side-alternating vibration platform
 Video 17.4 Pelvic twist on a side-alternating vibration platform