



Power Plate® Training Facility now available at Physio Logic



What does Power Plate® do?

The Power Plate® vibrates extremely quickly, 25 to 50 times per second, across very small distances of up to two to four millimetres. Balance is easily maintained as the micro movement causes muscles to react reflexively and automatically. The rapidly moving surface serves to stimulate reflexes to induce responses to keep safe and upright and allows muscles to produce more force on an unconscious level. This results in a dramatic improvement in strength and power, flexibility, balance, and tone.

Stimulating the muscles and nerves this way results in more work being done by the body in a shorter period of time—with far greater recruitment of the muscle fibres. If 30 Hertz (30 cycles per second) for 30 seconds is applied, the body's muscles are expanding and contracting a total of 900 times in just half a minute. Over a 20 to 25 minute period the number of muscle contractions created equates to far more than the number performed over an ordinary gym session, serving to enhance performance in a far shorter duration of time.

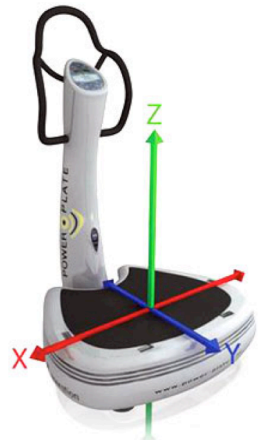
What are the benefits of Power Plate®?

Power Plate® has proven benefits to assist in the following areas:

- Improving Bone Density and Bone Mineral Density
- Improving Balance, Stability and Co-ordination
- Improving Recovery and Regeneration following injury
- Improving Flexibility and Range of Motion
- Improving Muscle Strength and Power
- Improving Circulation and the Cardiovascular System
- Enhancing neuromuscular function
- Reducing Pain
- Falls Prevention
- Cellulite Reduction
- Weight Loss

By utilizing the benefits listed above, practitioners are able to:

- Accelerate rehabilitation for patients
- Boost strength, balance, and endurance
- Alleviate soreness
- Contribute to a faster recovery



For further information or to book a session
Tel: 01943 850723