



## **Why does Physio Logic screen patients prior to using the Power Plate®?**

Screening assesses your natural range of joint movement and muscle length. Loss of flexibility in certain muscle groups causes muscle imbalances to develop. This leads to potential injury problems or conditions developing later in life, both in the short or long term. Identifying these weaknesses early can enable effective treatment and exercise strategies to be introduced to prevent injuries or degenerative conditions developing in the future. A combination of exercises on the Power Plate® can give both specific and general musculoskeletal benefits for your overall health.

Screening has proven to be invaluable in identifying potential injuries, preventing them before they occur. It is a valuable tool used regularly in all forms and levels of sports for the early identification of injury and future health concerns. It is a tool not just for sports people but also for anyone wishing to benefit from addressing their musculoskeletal strengths and weaknesses.

## **How can Power Plate® be used in Healthcare?**

Power Plate® is a Certified Medical Device, having received the Class II A MDD Certification in Europe. It is one of the very few fitness machines to have been given this certification and is included at some of the top medical and therapeutic centres in the world.

Power Plate® machines are also useful for rehabilitation after trauma, strokes, and other debilitating illnesses. Therapists observe a decreased rate of deterioration in progressive neurological conditions as well as improvement in balance, gait, and core stability.

Individuals suffering from conditions such as arthritis, Parkinson's, multiple sclerosis, diabetes, osteoporosis and obesity, as well as many other conditions, benefit tremendously from physical activity. Unfortunately, sufferers of these conditions are often unable to exercise due to loss of muscle strength, co-ordination or balance, joint pain and poor circulation. Because using Power Plate® is so easy, the benefits of physical activity are now within reach for many of those not able to partake in conventional exercise such as walking, weight lifting or cycling. By stimulating the body's natural ability to increase muscle strength, balance, blood circulation, lymph system drainage, endocrine system response and bone mineral density, individuals are now able to fight the effects of many debilitating diseases. Although there are no cures for many of the conditions, the Power Plate® machine can provide relief from many of the symptoms suffered and help improve their quality of life.

In retirement communities, acceleration therapy plays an important role in the ability to stand and walk better. By improving balance and coordination, and promoting normal muscle mass, Power Plate® is making a difference in the quality of life of seniors. If working with weights is a struggle, as many people find, accelerated training through the use of the Power Plate® can be the perfect alternative, as weights do not need to be used during Plate sessions. Strength is still increased through the use of gravitational and vibration forces.

If time is at a premium, power plate® training can be the perfect alternative. Power Plate® training reaps all the benefits of strength and flexibility training with ease, but in just a fraction of the time.



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