

## Power-Plate® Next generation incredibly versatile

### For physical therapist and doctor

Anyone regardless of age, physical, medical or neurological condition can use this single piece of equipment. Obviously, the medical world as well as various therapists require protocols and directions in addition to the existing evidence based practice.

The medical benefits of the Power-Plate are considerable, as evidenced by its acceptance from major medical, rehabilitation and therapeutic centers across the world. The biomechanical aspects of vibration therapy are widely used in the medical field for the prevention and treatment of different types of illnesses and injuries. The Power-Plate's Advanced Vibration Technology allows people with debilitating conditions such as osteoporosis, arthritis, multiple sclerosis, Parkinson's Disease, and stroke victims to yield the benefit of exercise while working within their personal limitations.

Scientific proven effects are; bone density, rapid increase in muscle strength and flexibility, improved circulation, enhanced coordination, reduced incontinence, improved joint movement, hormonal balance and mental well being as well as pain dampening. Power-Plate can provide you these studies and in-depth information, as well as the latest research results or just look into our website:

[www.power-plate.com](http://www.power-plate.com)

The team of Power-Plate experts have developed several training schedules enabling anyone to improve health and general well being. Our physiotherapists are pleased to guide and provide you with personal trainings, academies, individual training schedules, ranging from programs to combat osteoporosis, to reduce lower back pain and incontinence, pain damping, strength muscles at every level.

Power-Plate will help your patients to reach their goals.

**And the best of all:** They don't even need to exert their selves.

### Full effects with just a push of the button

Power-Plate has caused a true revolution in the medical & rehabilitation industry.

### The secret:

With just one push of the button, you turn on the Power-Plate, a pleasantly vibrating platform. The idea of vibration training originates from the Russian space program, where it was used to improve bone density and reinforce the muscles of their cosmonauts. This technology proved to be very successful, as the Russians were able to set a record of 420 days in outer space. The American astronauts, training on conventional fitness equipment, were forced to give up after 120 days due to **bone and muscle failure**. Vibration training was developed to counteract the lack of gravity in space. A platform generates vibrations, which are then transferred to the muscles in the body, causing them to contract in a reflex of the activated muscles (the tonic muscle reflex). This contraction also stimulates circulation tremendously. Tendons are stretched, and the reflex reinforces deep-lying muscles such as the pelvic floor muscles. The Power-Plate is the result of optimising this principle.

**Without** using additional weights, and **without** having to put any additional strain on the locomotive system. The static strain and reflex stimulation of the muscle are extremely efficient, so that training sessions are very short. For many patients, this may make training easier or even possible.

Millions of people already gained excellent results with this high tech training method.

**The results:** Enthusiastic and satisfied patients and clients.



## Power-Plate® Effects

### **Increase Bone Density**

Osteoporosis if not prevented or left untreated, can progress unnoticed until a bone fractures or breaks. Scientific research has proven that bone density increases significantly under the influence of vibration training on the Power Plate.

### **Increase in muscle strength**

During Power-Plate training, practically 100 % of all muscle fibres in all of the muscle groups involved are activated. Both strength and stamina clearly increase.

### **Improved coordination**

Since all receptors in the body are stimulated simultaneously, both the inter- and intra-muscular coordination will improve. Reactions and sense of balance are trained as well, causing an immediate improvement.

### **Improving flexibility**

Intense circulation, warming of the muscles and tendon reflexes will enhance flexibility of the body as well as loosening any tension, coagulation and adhesions of body tissues.



### **Activating circulation**

During Power-Plate training the muscles pump blood into even the smallest blood vessels, up to 50 times per second. This ensures that all cells are provided with fuel very rapidly. As a result, the body will also carry off any waste products much faster, leading to improved regeneration.

### **Improved fitness**

As the muscle tissue gets stronger, more will be required of all of the supply systems in the body, including the heart. This will lead to improved efficiency of all of these systems.

### **Increased metabolism**

Training on the Power-Plate will enhance metabolism, intensify fat burning and improve the basic metabolism, reducing the subcutaneous layers of fat. Special massage exercises will also target specific problem areas.

### **Cellulite and cosmetic**

Massage exercises on Power-Plate loosen up coagulated tissues consequences and adhesions, break down fat cells and improve mobility of tissue layers. As cellulite is broken down and the connective tissue is reinforced, the skin will improve in-depth. Even the facial muscles are trained and collagen fibres are stored. Slow down the degeneration process and recover vitality. (Power-Plate does all the work)

### **Saving time**

Due to the effectiveness of the training and the fact that many muscle groups are activated at the same time, 10 minutes on Power-Plate will have the same results as 60 up till 90 minutes of conventional strenuous exercise.





MIDDLE EAST

### **Bet on the winner**

Groundbreaking scientific research has proven the enormous effects that had already been observed in practice. Several institutes are developing new training methods and treatment programs to ensure that Power-Plate can always implement the most up-to-date scientific expertise. Of course Power-Plate guarantees the highest possible safety standards. The Power-Plate takes very little space, is user-friendly, easy to operate and virtually maintenance free.

### ***Power-Plate® Benefits***

- Increase **bone density** (Osteoporosis)
- **Rehabilitate** injuries and ailments
- Reduce **lower back pain**
- Enhance **pain reduction**
- **Incontinence** can be reduced
- Improve **muscle strength** and **performance**
- Enhance **explosive strength**
- Increase **flexibility** and **range of motion**
- **Speed** training recovery
- Enhance critical blood flow throughout the body (**oxygenation** and **lymph drainage**)
- Increase **secretion** of **hormones** that are important in regeneration and repair processes, such as HGH, igf-1 and testosterone
- Increase of the **happiness hormone** serotonin and neurotrophine, what's supports our **thinking process**
- Decrease **cortisol** levels
- Eliminate the effects of **stress**
- Enhance **conventional training** results
- Accelerate **weight loss**
- Reduce appearance of **cellulite**
- Improve **collagen** production



"Power-Plate will not only improve **quality of life day-to-day**, but ultimately add as well!"

The benefits of **Power-Plate, Global No. 1 in Advanced Vibration Technology**, are considerable, as evidenced by its acceptance by major medical, rehabilitation & therapeutic centers across the world.

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