Balance and Stability

High-frequency whole-body vibration improves balancing ability in elderly women.


A comparative study of whole body vibration training and conventional training on knee proprioception and postural stability after anterior cruciate ligament reconstruction.


The feasibility of Whole Body Vibration in institutionalised elderly persons and its influence on muscle performance, balance and mobility: a randomised controlled trial.

Effect of 4-min vertical whole body vibration on muscle performance and body balance: a randomized cross-over study.


Effects of whole body vibration training on postural control in older individuals: a 1 year randomized controlled trial.


Effect of 8-month vertical whole body vibration on bone, muscle performance, and body balance: a randomized controlled study.


Balance training and exercise in geriatric patients.


Effects of whole body vibration on postural steadiness in an older population.

Effect of four-month vertical whole body vibration on performance and balance.


Effects of random whole-body vibration on postural control in Parkinson's disease


Long-term effects of 6-week whole-body vibration on balance recovery and activities of daily living in the postacute phase of stroke: a randomized, controlled trial.


Effect of whole-body vibration exercise and muscle strengthening, balance, and walking exercises on walking ability in the elderly.