Geriatrics and Aging

Effect of whole-body vibration exercise on lumbar bone mineral density, bone turnover, and chronic back pain in post-menopausal osteoporotic women treated with alendronate.


Controlled whole body vibration to decrease fall risk and improve health-related quality of life of nursing home residents.


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

A comparison of the physiologic effects of acute whole-body vibration exercise in young and older people.


Whole body vibration versus conventional physiotherapy to improve balance and gait in Parkinson's disease.


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


Hormonal responses to a single session of whole body vibration exercise in elderly individuals.

Whole body vibration exercise: training and benefits.


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


Effects of vibration exercise on muscle performance and mobility in an older population.


Effect of 6-month whole body vibration training on hip density, muscle strength, and postural control in postmenopausal women: a randomized controlled pilot study.


Balance training and exercise in geriatric patients.

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


Treatment of chronic lower back pain with lumbar extension and whole-body vibration exercise: a randomized controlled trial.


Effects of whole-body vibration exercise on lower-extremity muscle strength and power in an older population: a randomized clinical trial.


Impact of whole-body vibration training versus fitness training on muscle strength and muscle mass in older men: a 1-year randomized controlled trial.

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