Whole Body Vibration (WBV) is sweeping through the fitness industry as an evidence-based, proven method to help individuals achieve their physical goals. WBV stimulates fast-twitch muscle fibers as mechanical vibrations are transmitted through the body. In turn, there is a dramatic increase in explosive strength, motor learning, muscular endurance and overall agility. These increases result in more strength, more speed, more stamina, a rapid recovery of muscles and tissue, increased flexibility, mobility and coordination. Those who incorporate WBV into their workout routines will experience results at a rate up to two times faster than conventional training.

The VibePlate has become an essential part of our basketball training program at the University of Texas. Our athletes love training with it and we are seeing great results. If you want to gain the competitive edge, then VibePlate is a must have.

Todd Wright, University of Texas Men’s Basketball Strength and Conditioning Coach
Having a VibePlate in my practice has multiplied the services I'm able to offer and the quality of care I can provide. My YogaPlate (24 x 72) is the perfect size to incorporate full-body movements for rehabilitation purposes while firing off intrinsic, stabilizing muscles in a chronic patient. After chiropractic manipulation, it is important to incorporate a rehab regime to reprogram the neuromuscular connections, and the VibePlate facilitates this. It challenges the body’s intrinsic muscles, which most standard rehab regimes ignore. The VibePlate allows me to decrease in-office rehab time for my patients and have them feeling better, faster.

The practical benefits of owning the VibePlate also include the marketability it adds to my clinic. It gives me a competitive advantage over other chiropractic offices in my area, and helps to draw in more patients. The VibePlate is also heavily evidence-based, which helps me gain credibility in networking with doctors of other disciplines. I would recommend purchasing one to anyone who works in the field of rehabilitation.

Dr. Karson Mui, Mui Chiropractic and Wellness Center

"We are constantly seeking improved authentic environments to more effectively and efficiently enhance the function of our patients. The VibePlate, with its micro-hits of gravity, is the perfect tool to facilitate mobility and stability in ways that no other environment allows. The VibePlate is foundational to all forms of rehabilitation and training."

Gary Gray, PT, FAFS

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The medical benefits of Whole Body Vibration (WBV) and advantages of the VibePlate, as testified by medical professionals that use the VibePlate, are tremendous. Vibration therapy is becoming an everyday part of their rehab and therapy programs. WBV is being accepted by major medical, rehabilitation and therapeutic centers throughout the world.

VIBEPLATE ADVANTAGES

-1200 to 1800 lbs. Weight Capacities
-Powder Coated Platforms
-Durable Rubber Footprint
-Attachments To Affix Tubing
-Several Sizes To Choose From
-Heavy Duty Steel Construction

-Dial Controlled For Ease Of Use
-Low Profile (5.5 inches high)
-Custom Designs Available
-Best Warranty Available
-Price
-Overall Value

VibePlate.com