

Application of Whole-body Vibration: Technical and clinical studies in healthy persons and people with a neurological disorder

Javad Bagheri

1. The transmission of vertical accelerations decreases from ankle to the knee and hip about 10 times (this thesis).
2. There is no evidence for the effectiveness of whole-body vibration on spasticity in neurological disorders (this thesis).
3. A two-min period of exposure to whole-body vibration has no immediate effects on postural stability and motor neuron excitability (this thesis).
4. Different whole-body vibration devices do not differ in their acute effects on jump force (this thesis).
5. Exposure to a single bout of whole-body vibration in the unloaded condition has a beneficial acute effect on clinical spasticity outcomes (this thesis).
6. In male soccer players, additional eccentric hamstring exercise decreases the rate of overall, new, and recurrent acute hamstring injuries (Petersen, Am J Sports Med. 2011).
7. Percutaneous needle release monitored by sonography is an alternative option to traditional surgical treatment of carpal tunnel syndrome (McShane, J Ultrasound Med. 2012).
8. The risk of acute coronary syndrome is significantly associated with elevated concentrations of CO (Qorbani, East Mediterr Health J. 2012).
9. Recent researches showed trends toward increasing stroke incidence at younger ages (Kissela, Neurology. 2012).
10. Cardiac shock wave therapy improves symptoms and reduces the severity of ischemic areas in patients with refractory angina pectoris (Kazemi, Coron Artery Dis. 2012).
11. Cats are the best in doing self-whole body vibration.