



WHOLE BODY VIBRATION PROGRAMS

Before commencing on any training program all users must be aware of the potential dangers of whole body vibration. Whilst these recommendations come from the machine manufacturers, as at this stage there have been no adverse effects reported in the literature, it nevertheless pays to be prudent and to exercise caution.

CONTRA-INDICATIONS

- pregnancy
- acute thrombosis
- acute inflammation of the musculoskeletal system
- malignant tumours
- unfixed fractures
- gall, bladder or kidney stones
- implants in trained body parts
- epilepsy

CAUTION/SIDE EFFECTS

skin lesions/blisters in the trained body region
itchiness and redness of skin
nausea and dizziness due to drop of blood pressure
temporary drop in blood pressure
drop in blood sugar level in diabetics due to high physical activity

The above listed side effects usually are a sign of too intensive or too long exercise, especially in untrained subjects. Side effects usually disappear after several exercise units when the subjects are familiar with Galileo and its effects.

Skin lesions and blisters are rare and can easily be avoided by wearing socks.