



## Frequency Range Chart

Extensive research indicates that the frequency ranges (measured in Hz and listed below) are conducive to a variety of benefits that may be achieved through consistent use of the vibeRx BS-110B Whole Body Vibration (WBV) machine.

Frequency	Optimum range for:
<b>6 – 8 Hz</b>	<ul style="list-style-type: none"><li>• Balance and Stability</li></ul>
<b>11 – 14 Hz</b>	<ul style="list-style-type: none"><li>• Relaxation of muscles</li><li>• Injury rehabilitation</li><li>• Blood circulation and lymphatic drainage</li><li>• Mobilization of joints</li><li>• Healing scar tissue</li></ul>
<b>15 – 22 Hz</b>	<ul style="list-style-type: none"><li>• Muscle strength</li><li>• Improved coordination</li><li>• Blood circulation and lymphatic draining</li><li>• Incontinence</li></ul>
<b>23 – 28 Hz</b>	<ul style="list-style-type: none"><li>• Muscle strength</li><li>• Hormonal changes</li><li>• Neurological stimulation</li><li>• Increased mobility</li><li>• Increased bone density</li><li>• Improved blood circulation and lymphatic drainage</li><li>• Decreased lower back pain</li><li>• Improved muscle tone</li></ul>