

Concerns	Condition	Benefits
My knees hurt	torn ligaments, build up of lactic acid	Vibration flushes out lactic acid, increased blood flow helps rebuild tissues, low impact reduces pain
It hurts to walk	poor muscle condition, arthritis, planter fasciitis, joint pain	10 minutes WBV replaces 60 minutes of walking without the impact (WBV has 1/3 the impact of walking)
I have a hard time sleeping	High cortisol levels, restless leg syndrome, low serotonin levels	WBV has studies proving lowering of cortisol and increase in serotonin, increased blood flow in legs reduces restless leg syndrome
My back hurts	Misalignment, herniated disks, muscle imbalance, scoliosis, tight muscles	WBV provides fast stretching of muscle groups, side to side movement helps align disks and balance out muscle groups on each side of back WBV pumps blood back into brain from legs and feet, causes lymphatic stimulation, causes healthy hormonal stimulation reducing stress
I am tired all the time	Low blood flow to brain, high stress, low serotonin	Side to side vibration modality causes increase in stabilizer muscles and rebuilds neural pathway
I am afraid of falling	Weak stabilizer muscles, weakening neural pathways for balance	see above
I feel unsteady on my feet	see above	low impact and amplitude reduces pain, immediate release of serotonin causes "healthy addiction"
I hate exercise	Exercise= pain and boredom in mind	WBV opens up smaller blood vessels, causing increase in circulation to nerve endings
I can't feel my feet	Diabetes, poor circulation	Fast stimulation causes increased blood flow in joint areas, reducing pain
My joints hurt	Build up of lactic acid, arthritis, fibromyalgia	Easy to repeat exercise, combination of diet and WBV accelerates results
I can't seem to lose weight	Lack of exercise with diet plan ( 95% of successful diets include increased exercise)	
I am depressed all the time	Hormonal imbalance, sedentary lifestyle, high stress	Exercise has been proven to help depression
I am feel I getting old and feeble	Lack of movement in life, poor muscle tone, sluggish lymphatic system	Brittle Bones
My extremities are numb or cold	See I can't feel my feet	see I can't feel my feet WBV is the only exercise modality shown to cause increase in bone density
I am afraid of brittle bones	Osteoporosis	WBV flushes out lactic acid resulting in little pain after exercise
I hurt after exercising	Build up of lactic acid	WBV has studies proving lowering of cortisol and increase in serotonin
I am stressed all the time	Low serotonin levels	
I have a hard time going to the bathroom	constipation	vibration stimulates bowel movement
I hate to exercise	Pain associated with traditional forms of exercise	WBV reduces most pain causing easier repetition

Concerns	Condition	Benefits
I have dimples around my middle I have no time to exercise	cellulite Busy executive	WBV has shown to break up cellulite deposits WBV provides time compression WBV provides peripheral stimulation even in disabled people ( legs on equipment)
I am an invalid	Stroke, CP, neural disorder, injury, disability	