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Contraindications

The following list of contra indications shows medical conditions for which it is not allowed to use the VibroGym without consulting a physician first:

Contra indications and precautions together with the potential associated consequences.

| Contra indication | Precaution | Possible consequence |
|--|------------------------|---|
| Epilepsy | | Fractures; damage of body tissue due to falling |
| (Severe) headache | | Fainting; visual disorder; out of conscious; fractures; damage of body tissue |
| | Cognitive impairment | Fractures; damage of body tissue due to falling |
| | Dementia | Fractures; damage of body tissue due to falling |
| | Dropouts | Fractures; damage of body tissue due to falling |
| Blurred vision and serious ocular disease | | Fractures; damage of body tissue due to falling |
| Acute hernia, discopathy, spondylolysis | | Damage of the spine |
| Serious cardiovascular disease; Serious degrees of decompensated chronic heart failure | | Death; acute decompensation |
| | High-risk hypertension | Death; acute decompensation |
| Pacemaker | | Heart failure; asystolic, death |
| Acute thrombosis | | Heart attack, TIA or stroke; Lung emboli |
| | Severe diabetes | Fainting; visual disorder; out of conscious; fractures; damage of body tissue due to falling; gastroparese, gastroparalysis |
| Low extremity ulcers | | Non-healing, infection |
| Recent infections | | Increase of inflammation |
| Tumors | | Metastasis; Death |
| Recent wounds from surgery | | Non-healing, infection |
| Recent fractures | | Non-healing |
| Acute tendonitis | | Non-healing |
| | Rheumatoid arthritis | Non-healing/Damage to the joint |
| Hip and knee implants | | Migration |
| Recently placed alien implants like pins, screws, plates and coils | | Migration |
| Pregnancy | | Miscarriage |
| Recently placed IUD's (intra uterine devices) | | Pregnancy, migration |
| | Gallstones | Nausea; Vomiting, Pain, Biliair Obstruction |
| | Kidney stones | Nausea; Vomiting, Pain, Urogenital Obstruction |

Do's

- >> Inexperienced users should always use the VibroTraining® Poster and the VibroTraining® introduction programme for guidance.
- >> Wear comfortable footwear and sportswear.

- » Always use the VibroMat when doing exercises during which you touch the vibration platform without shoes or with parts of your body other than your feet.
- » Remove any loose jewellery.
- » Always stop exercising immediately when feeling dizzy or light-headed.
- » Before, during and after training make sure to hydrate yourself properly.
- » Inexperienced users shouldn't over do training, 3 times a week is optimal.
- » Always inspect the VibroGym for broken or worn parts prior to using the machine.
- » Exercises that can be performed unilaterally should be repeated with the same intensity on both sides.
- » For the best results select a vibration frequency of 30Hz, 35Hz or 40Hz for strengthening and stretching, with 40Hz or 50Hz for massage.
- » Dynamic exercises should be performed under control with good technique.
- » Be careful when stepping down from the VibroGym.
- » Always put the weight on the middle of the platform to ensure best durability of the VibroGym.

Dont's

- » Never use the VibroGym if one or more contra indications is applicable, without consulting your physician (ask for the list of contra indications).
- » The VibroGym should never be set up in rooms with high humidity.
- » Never sit on the platform with a straight back.
- » Never put your head or belly on the platform.
- » Inexperienced users should never use additional weights for VibroTraining®.
- » The vibration platform should never carry more than 140 kg/308 lbs.
- » Inexperienced users of VibroTraining® should refrain from training in the "high-amplitude" modus, until comfortable with the vibration.
- » Never do the stretching exercises quickly, let the tension increase slowly.

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