

WHOLE-BODY SIDE-ALTERNATING VIBRATION THERAPY DIARIES

9-MINUTE PROTOCOL

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Instructions

1. How to perform vibration therapy sessions

- Note that this protocol was developed specifically for whole-body side-alternating vibration therapy (sVT), and it is not directly applicable to other forms of vibration therapy.
- This protocol consists of 4 sessions of 9-minute sVT per week, to be performed on 4 separate days for 20 weeks. Participants can choose any days that would best suit them.
- Each sVT session should consist of 3 consecutive sets of 3 minutes of sVT, with at least 3 minutes of rest between sets.
- Before the session starts, turn on the vibration plate using the back switch.
- Check the duration and frequency of the current sVT session as indicated in the vibration therapy diary.

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 18 Hz		3 min; 18 Hz		3 min; 18 Hz	

Duration *Frequency*

- Set the vibration frequency value (e.g., 18 Hz) according to the diary by pressing the up/down button next to the vibration plate display.
- Please ensure the participant removes their shoes and socks before starting the sVT session.
- Instruct the participant to position their feet parallel on the sVT plate so that the inside of the foot is aligned with the appropriate line on the plate indicated by numbers 1, 2, or 3 (Photo 1). The specific line number may vary depending on the study protocol.
- During the sVT session, the participant should maintain a posture of slightly bent knees and a straight back (Photo 2).



Photo 1. Feet position on the vibration plate



Photo 2. Body position on the vibration plate

- To start the sVT session, press the start button on the remote control or the plate itself. The equipment will automatically start a 3-minute countdown.
- *Please note!* During the first 3 weeks, the duration of sVT sets will be less than 3 minutes. So, please manually stop the vibration plate once the time indicated in the diary for that particular day has elapsed.
- The participant should rest for at least 3 minutes and repeat this cycle four more times.

2. How to fill the diary

- Each table in this diary represents a 7-day week (Monday to Sunday). Please start filling out a new table each week, even if all sessions were missed in the preceding week.
- After completing each sVT session, please mark the day of the week when the session was done on the top bar.

Mon	Tue	Wed ✓	Thu	Fri	Sat	Sun
-----	-----	-------	-----	-----	-----	-----

- Next, start filling in the table by entering the date of the sVT in the first column.
- Once the participant has completed a given sVT set, please tick the box in the corresponding "Rest" column.
- If they have not completed a set for any reason, please mark it with an "X" instead, and write down the reason(s) why in the "Comments" space provided. Reasons may include pain, fatigue, lack of time, or equipment malfunction.

Example

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
28/08/2022	3 min; 18 Hz	✓	3 min; 18 Hz	✓	3 min; 18 Hz	X

Comments *Set 3 was not performed on 28/08 as we did not have enough time.*

- Similarly, if an entire sVT session is missed, please add the reason(s) for this in the "Comments" space.
- If you have any questions, please do not hesitate to contact the research team.

Week 01

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	1 min; 12 Hz		1 min; 12 Hz		1 min; 12 Hz	
	1 min; 15 Hz		1 min; 15 Hz		1 min; 15 Hz	
	1 min; 15 Hz		1 min; 15 Hz		1 min; 15 Hz	
	2 min; 15 Hz		2 min; 15 Hz		2 min; 15 Hz	

Comments _____

Week 02

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	2 min; 15 Hz		2 min; 15 Hz		2 min; 15 Hz	
	2 min; 16 Hz		2 min; 16 Hz		2 min; 16 Hz	
	2 min; 16 Hz		2 min; 16 Hz		2 min; 16 Hz	
	2 min; 18 Hz		2 min; 18 Hz		2 min; 18 Hz	

Comments _____

Week 03

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	2 min; 18 Hz		2 min; 18 Hz		2 min; 18 Hz	
	3 min; 18 Hz		3 min; 18 Hz		3 min; 18 Hz	
	3 min; 18 Hz		3 min; 18 Hz		3 min; 18 Hz	
	3 min; 19 Hz		3 min; 19 Hz		3 min; 19 Hz	

Comments _____

Week 04

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 19 Hz		3 min; 19 Hz		3 min; 19 Hz	
	3 min; 19 Hz		3 min; 19 Hz		3 min; 19 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 05

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 06

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 07

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 08

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 09

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 10

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 11

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 12

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 13

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 14

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 15

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 16

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 17

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 18

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 19

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____

Week 20

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

Date	Set 1	Rest	Set 2	Rest	Set 3	Rest
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	
	3 min; 20 Hz		3 min; 20 Hz		3 min; 20 Hz	

Comments _____
