



Founded - 1975

SINGAPORE PHYSICAL EDUCATION ASSOCIATION

16 Oct 2006

Dear David,

Re: Flabelos (whole body vibration machine)

With reference to your phone inquiry about the merits of the Flabelos machine, my research collaborators and I, who are researching on the topic of whole body vibration have made the following observations:

- The principles of whole body vibration (WBV) therapy have been widely applied in the form of training or therapy. The efficacy of WBV applications are namely found in increased muscular strength and power. Studies done on elite athletes have shown that the gains in strength using WBV are comparable to the strength increases following a standard fitness training program consisting of cardiovascular and resistance training of a 24-week duration.
- WBV is also used in therapeutic programs such as increasing hip density, improving knee strength, increasing speed of movement, balance and control, mobility, and postural control. WBV training was proposed to be a feasible and effective way to modify well-recognized risk factors for falls and fractures in older women.
- Studies have also shown that WBV is relatively safe and has no side-effects.

On the basis that the Flabelos machine is based on the principles of WBV, we are confident that similar benefits can be derived from a regular use of the equipment. Currently, we are scoping an independent study on WBV machines that includes the Flabelos and we hope to be able to publish the work in the foreseeable future. Until then, enjoy the machine.

Regards,

Dr. Michael Koh
Exercise and Sports Biomechanist
President, Singapore Physical Education Association