

Research Questionnaires

Vibration Therapy for Osteopenia and Osteoporosis Treatment

An Open Experiment Research Incentive Program

Program information: <https://www.vibrationtherapeutic.com/vibration-therapy-osteoporosis-research.html>

Fill in this questionnaire form and submit it to Vibration Therapeutic LLC.

Participant's Demographic Info (Anonymous)						*Order#			
Age		Sex		Race		Occupation		Weight & Height	

* The order# for the purchase of VT vibration plate is used to identify the anonymous participant.

Lab Exam Data Comparisons Before-n-After						
	Before Vibration Therapy				After Vibration Therapy	
DXA Scan BMD (g/cm ²)	Scan Date	BMD	Scan Date	BMD	Scan Date	BMD
PA Spine / L1-L4						
Hip / Total						
Hip / Femoral Neck						
Arm / Radius 1/3						
<input checked="" type="checkbox"/> Please attach before-n-after BMD scan reports.						
Blood Test (if available)	Test Date	Result	Test Date	Result	Test Date	Result
Calcium						
Vitamin D						
PTH (Parathyroid Hormone)						
ALP (Alkaline Phosphatase)						
Magnesium						
Phosphorus						

Vibration-Assisted Training Performed on Vibration Plate						Plate Model	
Training Poses	Squat	L-Squat	Deadlift	Lunge	Push-up		
Training Time Per Session (minutes)							
Repetitions Per Session							
Additional Weight Carried (lb)							
Number of Sessions per Week							
Vibration Plate Frequency							
Vibration Plate Amplitude							
Start Date							
End Date							
Additional Info							

Medications & Supplements Used During the Program						
Product Name						
Daily Dosage						
Start Date						
End Date						
Additional Info						

Lifestyle Factors & Changes

Other Physical Activities	
General Dietary	
Smoking	
Alcohol Consumption	
Other Relevant Factors	

Medical History

History of osteoporosis or fractures	
Chronic diseases (arthritis, diabetes etc.)	
Medications that affect bones	
Previous surgeries affecting bones	
Family history of osteoporosis	

Effectiveness Evaluation by the Participant

Suggestions by the Participant