

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#		SPF 3265		
Age	64	Sex	F	Race	CAU	Occupation	Retired	Weight & Height	113 / 66"

* 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	6/15/23	-2.8			1/22/25	-3.4
Hip / Total	6-15-23 -2.5/-2.6	-2.5 -2.6			1/22/25	-2.4 -2.4
Hip / Femoral Neck	6-15-23	-2.1 -2.2			1/22/25	-2.3 -2.2
Arm / Radius 1/3	N/A				N/A	

☒ 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	VT007
Training Poses	Squat	L-Squat	Deadlift	Lunge	Push-up Plank	VT007	
Training Time Per Session (minutes)	2	2	2	2	2		
Repetitions Per Session	50	2	50	25	2		
Additional Weight Carried (lb)	10-20 lbs						
Number of Sessions per Week	5	5	5	5	5		
Vibration Plate Frequency	30	30	30	30	30		
Vibration Plate Amplitude	Lo	Lo	Lo	Lo	Lo		
Start Date	Dec 2023						
End Date	Jan 2025						
Additional Info							

Medications & Supplements Used During the Program						
Product Name	Best Calc Bone maker	D3	Fishoil			
Daily Dosage	6 capsules	125mcg	1000 mg			
Start Date	June 2023	June 2023	June 2023			
End Date	pres	pres	pres			
Additional Info	Creatine daily					

Lifestyle Factors & Changes

Other Physical Activities	Lifting weights ^{3x/week} , impact training, hiking, walking daily
General Dietary	Mediterranean Diet, increased protein
Smoking	N/A
Alcohol Consumption	1-2 drinks / week
Other Relevant Factors	Added collagen peptides w/ Fortibone, Verisol

Medical History

History of osteoporosis or fractures	wrist fracture Feb 2022
Chronic diseases (arthritis, diabetes etc.)	N/A
Medications that affect bones	began HRT July 2024
Previous surgeries affecting bones	N/A
Family history of osteoporosis	Mother - osteoporosis

Effectiveness Evaluation by the Participant

I feel the VT007 helped ~~increase~~
my hip density.

My spine worsened however.

Suggestions by the Participant

I have a concern about an
inconsistency at 30 hz with my
VT007. Sometimes 30 is consistent
but 3 or 4 times, it's much stronger
and can "RUN" across my floor.

Carol Stephenson
435-602-9311

I did have a new DEXA which showed improvement in hips and decline in spine.
To be noted, it was a different machine.
When not traveling, I did 10 minutes per day on the device. Occasionally I did two times on the same day.
I will include charting and results.

Josephson, Carol (MRN 982165534) DOB: 12/14/1960

Study Result

Narrative & Impression

EXAM: BONE DENSITY AXIAL (HIP, PELVIS, SPINE) 06/15/2023 15:04 PM

TECHNIQUE: DEXA scanning using a Lunar Prodigy Advance bone densitometer at the OSU Outpatient Center at New Albany, was performed on 06/15/2023 15:04 PM

CLINICAL INDICATIONS: wrist fracture 2023, hx of osteopenia

RELEVANT CLINICAL HISTORY: M85.80 Osteopenia, unspecified location

COMPARISON: There are no prior studies performed on this bone densitometer with which to make comparison.

FINDINGS:

1. Quality of the examination at the L1-4 lumbar spine: Adequate.
2. Quality of the examination at the dual hip: Adequate.

BONE MINERAL DENSITY (BMD)

CURRENT BONE MINERAL DENSITY (BMD)

Region	g/cm ²	T-Score
Lumbar 1-4 Spine	0.845	-2.8
Left Femoral Neck	0.733	-2.2
Left Total Hip	0.685	-2.6
Right Femoral Neck	0.745	-2.1
Right Total Hip	0.697	-2.5

IMPRESSION

IMPRESSION:

Based on BMD and WHO criteria diagnosis is consistent with osteoporosis.

Ohio Health Arthritis & Osteoporosis Physicians
300 East Tenth St, 5th Floor, Columbus, OH 43215
Phone: 614/796-3000

Bone Densitometry Report: Wednesday, January 22, 2020
Using DXA Software Version: 17 [SP 2]

Referring Physician: DR. FETHME KAYTOR, M.D., C.C.D.

Patient:	STONEMAN, CAROL M		Referring Physician DR. FETHME KAYTOR, M.D., C.C.D.			
Birth Date:	12/24/1930	Age:	89 Years	Subject ID:	4027	
Height:	66.0 in	Weight:	124.7 lbs	Sex:	Female	DOB: 12/24/1930 AM 10:37:39 AM
Site:	Spine	StudyID:	4027	Analyst:	01/21/2020 01:08:59 PM 307 32	

ASSESSMENT:

The LARC Total Hip T-score is 0.719 (with a T-score of 0.0)

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Site	Region	Mean	Young Mean T-Score	Age Related T-Score	Standard Age	Measured Date
LARC	Total Hip	0.719	-1.1	-1.1	0.0	01/21/2020
LARC	Total Hip	0.719	-1.1	-1.1	0.0	01/21/2020
LARC	Total Hip	0.719	-1.1	-1.1	0.0	01/21/2020
LARC	Total Hip	0.719	-1.1	-1.1	0.0	01/21/2020
LARC	Total Hip	0.719	-1.1	-1.1	0.0	01/21/2020

Mean Total Hip T-score is 0.719 (with a T-score of 0.0)

Mean Total Hip T-score is 0.719

Mean Total Hip T-score is 0.719

The patient's findings are consistent with osteoporosis by WHO criteria.

FRAX® Lifetime Probability of Fracture

Based on Female with WHO Osteoporosis Status

Major Osteoporosis Fracture	14.0%
Major Fracture	14.0%
Population	14.0%
Mean Fracture	Mean Fracture (Mean)

RECOMMENDATION:

NOF Guidelines recommend all people with T-scores of -2.5 and below (osteoporosis) consider taking an osteoporosis medication. Patients with a FRAX score of 20% Major Osteoporosis Fracture or 7% Hip should also be treated. In addition patients with osteoporosis and clinical risk factors for fracture should be treated. Diabetes is also recognized as an independent risk factor for fracture. We recommend a total dietary and supplement calcium intake of 1200mg daily. In addition patients should take enough vitamin D3 to maintain a blood level of 40 or above ng/ml. A repeat scan in 2 years is recommended. January 2020

DR. FETHME KAYTOR, M.D., C.C.D.

At the facility, the patient's coefficient of variation with 10% coefficient of variation is 0.001 (0.001) and at the total hip is 0.001 (0.001) and at the total hip is 0.001 (0.001).