

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#	SPF3631
Age	74	Sex	Female	Race	Caucasian	Occupation	Retired	Weight & Height	129 lbs 5'5"	

* 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	5/14/2024	BMD 0.589 gm/cm ²			9/2/2025	BMD: 0.656 gm/cm ²
Hip / Total						
Hip / Femoral Neck	5/14/2024	BMD: 0.514 gm/cm ²			9/2/2025	BMD: 0.581 gm/cm ²
Arm / Radius 1/3						
☒ 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)	Never					
ALP (Alkaline Phosphatase)						
Magnesium						
Phosphorus						
All blood tests were within normal ranges						
Vitamin D level increased from 23 to 51 after a year of supplementation.						

Vibration-Assisted Training Performed on Vibration Plate						Plate Model	
Training Poses	Squat	L-Squat	Deadlift	Lunge	Push-up	VT007	
Training Time Per Session (minutes)	10 minutes						
Repetitions Per Session							
Additional Weight Carried (lb)	None						
Number of Sessions per Week	7						
Vibration Plate Frequency	35						
Vibration Plate Amplitude	2						
Start Date	May, 2024						
End Date	Ongoing						
Additional Info	I don't actually do 10 minutes of squat...I alternate between squats, toe lifts, heal lifts, alternating Feet, etc. Some of the time I just stand with knees slightly bent. However, this chart doesn't let me fill that in properly. Also, I'm not sure what the amplitude is, but I set the machine to the high setting and up the frequency to 35.						

Medications & Supplements Used During the Program						
Product Name	Estrogen patch	Progesterone Capsules	Testosterone Cream	Calcium, Vit D, Vitamin K2	Magnesium, Potassium Boron	Trace minerals B vitamins. Vitamin C
Daily Dosage	0.037 for 6 mo 0.05 afterwards	100 mg for 6 mo 200 mg after	0.2%, 0.25 gm Daily	600 mg, 1000 IU 180 mg	Varies but fairly Large doses	Recommended Amounts
Start Date	June 2024	June 2024	June 2024	June 2024	Have taken for Years	Have taken for Years
End Date	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing	Ongoing

Additional Info	I've always taken supplements, but added the Calcium, D and K2 after my osteoporosis diagnosis. I also increased Protein and added Collagen... 30-40 gm per day.
Lifestyle Factors & Changes	
Other Physical Activities	Weight training, walking
General Dietary	Low carb, high protein, moderate fat. Mostly organic, very little processed food.
Smoking	Never
Alcohol Consumption	Never
Other Relevant Factors	

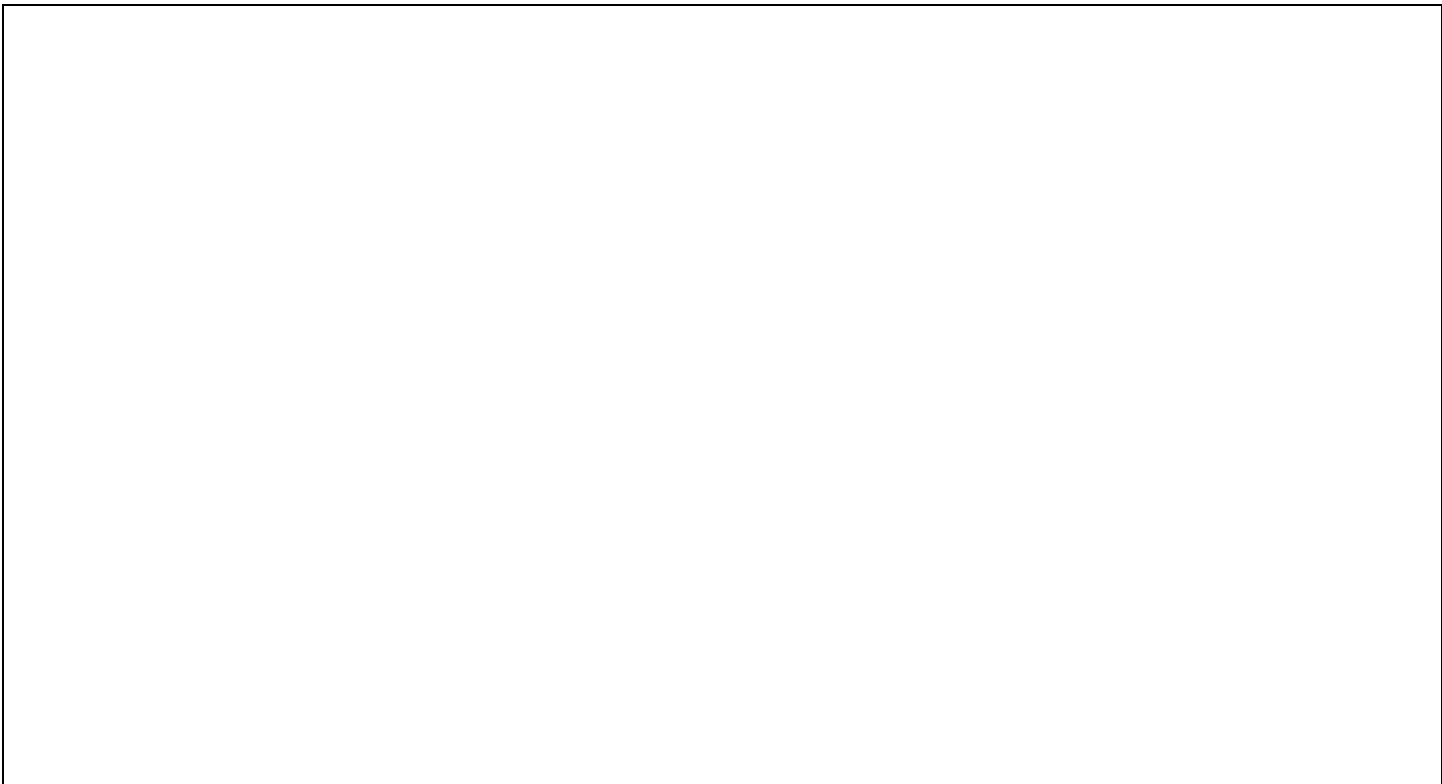
Medical History	
History of osteoporosis or fractures	None
Chronic diseases (arthritis, diabetes etc.)	Hyperthyroidism
Medications that affect bones	None
Previous surgeries affecting bones	None

Family history of osteoporosis	Unknown Unknown

Effectiveness Evaluation by the Participant

It's hard to say how much to attribute success to the vibration plate as I changed a number of things, but I am very pleased with the overall improvement. Thanks for a

Suggestions by the Participant



EXAM: DXA HIP AND/OR SPINE

HISTORY: Osteoporosis screening, postmenopausal female. History of osteoporosis.

TECHNIQUE: Dual energy absorptiometry of the hip and spine was performed using a Hologic Horizon Ci bone densitometer.

The value of the femoral neck or total proximal femur, whichever is lowest, is the recommendation to become the standard for hip DXA studies by the ISCD. This will be the reported value in all reports. **BMD reporting in females prior to menopause and in males younger than age 50 is calculated using the Z-scores, not the T-scores. A Z-score of -2.0 or lower is defined as "below the expected range for age" and a Z-score above -2.0 is "within the expected range for age."** BMD reporting in postmenopausal women and in men age 50 and older is calculated using the T-scores, and the WHO densitometric classification is applicable.

COMPARISON: Comparison is made to the prior study performed on 05/14/2024.

FINDINGS:

BONE MINERAL DENSITY - LEFT HIP

The bone mineral density for the hip DXA was calculated utilizing the left femoral neck.

BMD: 0.581 gm/cm²

T-score: -2.4

Z-score: -0.4

Prior: BMD 0.514 gm/cm², T-score -3.0, Z score -1.1.

There has been an interval 13.2% increase in bone mineral density when compared to the most recent study of 05/14/2024, based on measurement of the left femoral neck.

BONE MINERAL DENSITY - LUMBAR SPINE:

The bone mineral density for the lumbar spine DXA was calculated utilizing the L1 through L4 vertebrae.

BMD: 0.656 gm/cm²

T-score: -3.6

Z-score: -1.2

Prior: BMD 0.589, T score -4.2, Z score -1.9

There is an interval 11.4% increase in bone mineral density on the spine.