

## Physical Therapy, Rehabilitation and Sports Medicine

# RECOVER FASTER WITH Whole-Body Vibration

Whole-body vibration is a non-invasive therapy that utilizes low-frequency vibration to help improve physical performance during rehabilitation. Research has shown that whole-body vibration can benefit patients of all ages and physical conditions by improving muscle strength, bone density and balance.

Chester County Hospital uses the Power Plate system, a world-leader in whole-body vibration. The system vibrates in three dimensions using oscillatory waves. These vibrations stimulate involuntary neuromuscular activity to promote quick, reactive responses in muscle fibers and an increase in circulation. This helps provide whole-body balance, mobility and stability, strength and muscle memory.



### BENEFITS OF THE POWER PLATE SYSTEM:

- Eases pain
- Assists improving flexibility
- Improves joint function
- Promotes faster recovery
- Improves mobility and balance
- Helps stimulate circulation in the blood and the lymphatic circulatory systems

The device allows the physical therapist to adjust the level of intensity to match the needs of the patient. Intensity levels can be safely increased or decreased to target different outcomes. Before therapy, patients receive a formal physical therapy assessment and care plan to establish desired outcomes.

A physician's prescription is required for treatment.

For more information, please call [610.444.6242](tel:610.444.6242) or visit [ChesterCountyHospital.org/PhysicalTherapy](http://ChesterCountyHospital.org/PhysicalTherapy)



## Physical Therapy, Rehabilitation and Sports Medicine

### WEST CHESTER

Fern Hill Medical Campus  
915 Old Fern Hill Road  
Suite 4, Building A  
West Chester, PA 19380  
610.738.2480

### EXTON

The Commons at Oaklands  
700 West Lincoln Highway  
Exton, PA 19341  
610.518.5845

### KENNETT SQUARE

Medical Office Building at  
New Garden  
830 West Cypress Street  
Kennett Square, PA 19348  
610.444.6242

### SOUTHERN CHESTER COUNTY

455 Woodview Road  
Suite 115  
West Grove, PA 19390  
610.345.1950