ISRCTN38085825 https://doi.org/10.1186/ISRCTN38085825

Effects of whole-body vibration program in vibro-tactile perception threshold in healthy people

Submission date 20/11/2013	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol
Registration date 18/12/2013	**Overall study status** Completed	[_] Statistical analysis plan [_] Results
Last Edited 18/12/2013	**Condition category** Other	[_] Individual participant data [_] Record updated in last year

Plain English summary of protocol

Background and study aims
Vibrotactile sensitivity is an important parameter in some health conditions. As it seems to be related to, it could be a determinant factor in the risk of falling. In recent years, mechanical vibration has ceased to be seen as harmful to health and is now known as a physical training method. The aim of this study is to analyze the immediate and short term effects that a whole-body vibration program can have on sensitivity vibration and vibro-tactile perception threshold in healthy participants.

Who can participate?
Young healthy volunteers

What does the study involve?
Participants will be randomly allocated to one of two groups: an experimental group (5 sessions of whole-body vibration) and a placebo group (5 sessions of a placebo or dummy interventions: simulation intervention based on device implemented with hidden speaker).

What are the possible benefits and risks of participating?
Possible benefits: decrease vibration threshold (improvement of vibro-tactile sensitivity).
Possible risks: back pain, fatigue and soreness.

Where is the study run from?
Faculty of Sport Sciences of Extremadura University (Spain)

When is study starting and how long is it expected to run for?
From 02/12/2013 to 20/12/2013

Who is funding the study?
AFYCAV group (Spain)

Who is the main contact?
Professor Narcis Gusi
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Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers
2

Study information

Scientific Title
Effects of whole-body vibration program in vibro-tactile perception threshold in healthy people: a pilot study

Study objectives
1. The vibro-tactile threshold is increased immediately after applying a Whole-body vibration session.
2. The vibration threshold decreases after application of a Whole-body vibration program

Ethics approval required
Old ethics approval format

Ethics approval(s)
Biomedical Ethical Committee of the University of Extremadura, 09 October 2012, ref: 44/2012
Biomedical Ethical Committee of the University of Extremadura, 07 July 2013, ref: 33/2013

Study design

Single centre single-blinded randomized controlled trial

Primary study design
Interventional

Secondary study design
Randomised controlled trial

Study setting(s)
Other

Study type(s)
Screening

Participant information sheet
Not available in web format, please use the contact details below to request a patient information sheet.

Health condition(s) or problem(s) studied
Whole body vibration in healthy people

Interventions
This study was an intervention of vibratory training program which lasted 2 weeks. The design was a single-blinded randomized control trial with a vibratory training applied to the experimental group and a placebo intervention applied to the control group. The allocation of participants into groups was performed using the random sorting method.

Experimental group: 5 sessions of whole-body vibration.

Control group: 5 sessions of a placebo interventions (hidden speakers)

Intervention Type
Other

Phase
Not Applicable

Primary outcome measure
Vibro-tactile threshold measured before and after of first session, before and after of third session, before and after of fifth session and two days after of last session.

Secondary outcome measures
No secondary outcome measures

Overall study start date
03/12/2012

Completion date
21/12/2012

Eligibility

Key inclusion criteria
1. Under 40
2. Be physically active
3. Link with the University of Extremadura

Participant type(s)
Patient

Age group
Adult

Sex
Both

Target number of participants
24

Key exclusion criteria
1. Having a health problem
2. Being under medication

Date of first enrolment
03/12/2012

Date of final enrolment
21/12/2012

Locations

Countries of recruitment
Spain

Study participating centre
Av. de la Universidad s/n. Faculty of Sport Science.
Caceres
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10003

Sponsor information

Organisation
University of Extremadura (Spain)

Sponsor details
AFYCAV
Av. de la Universidad s/n. Faculty of Sport Science.
Cáceres
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10003

Sponsor type
University/education

Website
http://www.unex.es

ROR
https://ror.org/0174shg90

Funder(s)

Funder type
Research organisation

Funder Name
AFYCAV group (Spain)

Results and Publications

Publication and dissemination plan
Not provided at time of registration

Intention to publish date

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration