

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

<b>Submission date</b> 20/11/2013	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
<b>Registration date</b> 18/12/2013	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 18/12/2013	<b>Condition category</b> Other	<input type="checkbox"/> Individual participant data <input type="checkbox"/> 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

Prof Narcis Gusi

### Contact details

Av. de la Universidad s/n. Faculty of Sport Science.

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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

Spain

10003

# Sponsor information

## Organisation

University of Extremadura (Spain)

**Sponsor details**

AFYCAV

Av. de la Universidad s/n. Faculty of Sport Science.

Cáceres

Spain

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