

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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Contact details

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Additional identifiers

Protocol serial number

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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

Primary study design

Interventional

Study design

Single centre single-blinded randomized controlled trial

Study type(s)

Screening

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(s)

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.

Key secondary outcome(s)

No secondary outcome measures

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

Healthy volunteers allowed

No

Age group

Adult

Sex

All

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.

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Sponsor information**Organisation**

University of Extremadura (Spain)

ROR

<https://ror.org/0174shg90>

Funder(s)**Funder type**

Research organisation

Funder Name

AFYCAV group (Spain)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration