



VBX Whole Body Vibration Machine Waiver

Name: _____

Date: ____/____/____

Phone #: (____)____-____

Please read the following list of health concerns that may contraindicate the use of the VBX machine, as well as the common side effects of using this machine listed on the following page.

CONTRAINDICATIONS:

- | | |
|--|---|
| -Acute hernia, discopathy or spondylosis | -Orthopedic injuries (sprain or tear) |
| -Acute joint disease | -Pacemaker and implantable |
| -Acute thrombosis or pulmonary embolism | cardioverter defibrillator |
| -Cancer or tumors | -Poor samato sensory receptor on feet |
| -Cardiovascular disease or conditions | -Pregnancy |
| -Diabetes with complications (such as neuropathy or retinal damage | -Recent artificial joints |
| -Epilepsy | -Recent surgery |
| -Kidney or bladder stones | -Recently placed IUD's, metal pins, or plates |
| -Neurological conditions, head injuries | -Retinal detachment or other conditions |
| | -Severe migraine |

I am a client of Servant Hands and have previously filled out an intake form.

I have read the list of contraindications and am aware that if I have any conditions listed, it is best not to use this machine or to consult my healthcare provider first.

I have read and understand the common side effects associated with this machine.

I hereby release Servant Hands from any liability for injuries or damages that may occur as a result of using the VBX whole body vibration machine.

Signature _____

Common Side Effects and Prevention

Fortunately, most side effects from whole body vibration use are minor, and there are ways you can prevent them. They include:

- Vibration-induced discomfort – When you first start using a vibration machine, you may notice discomfort during or after your workout. Typically, this is caused by the rapid contraction and relaxation of muscle tissues during your exercise or training session. Minor muscle soreness is normal with exercise, and especially if it is new to you. Be careful to assess whether you're experiencing discomfort or pain. Pain is not a normal side effect when using a vibration machine correctly.

Prevention tips: Make sure to maintain good form while using the machine. If pain persists, consult with a trainer to ensure you're using the machine correctly.

- Dizziness or nausea – Some users may experience dizziness or nausea during their initial sessions on a vibration plate. This is because vibration stimulates the vestibular system, the body's system for detecting movement and maintaining balance. This type of motion sickness is harmless and should resolve when you stop using the device.

Prevention tips: Start with shorter sessions and gradually increase as your body adjusts to the sensation.

- Joint discomfort – For those with joint conditions such as injuries or cartilage degeneration, vibration machines may cause discomfort in the joints. Vibration training may contribute to overall joint flexibility and comfort, but strengthening exercises should be done with care and professional guidance.

Prevention tips: Maintain good posture during your workouts. Use a mirror to ensure that your joints are properly aligned during all movements. Consult a trainer or physiotherapist if joint discomfort persists.

- Headache – Headaches are a less common side effect, but are occasionally reported following a vibration workout. This could be due to vascular changes (increased blood flow), or muscular tension.

Prevention tips: Be sure to hydrate well before and after working out. Stretch your neck and shoulders gently after each session to ease muscle tension.

-blog post taken from powerplate.com