

# Whole body vibration versus magnetic therapy on bone mineral density in elderly osteoporotic individuals.

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**Aim:** To evaluate the effects of whole body vibration (WBV) or magnetic therapy (Automatic PMT Quattro Pro) in addition to standard pharmacological treatment on bone mineral density (BMD) in elderly individuals being treated for osteoporosis.

**Study Design:** 85 patients divided into three groups. All three groups received the same standard pharmacological treatment (vitamin D, calcium, and alendronate sodium). Group I: WBV+ pharmacological treatment; Group II: Magnetic therapy+ pharmacological treatment; Group III: only pharmacological treatment.

**Results:** Addition of either WBV or magnetic therapy to standard pharmacological treatment for osteoporosis significantly increased BMD in elderly subjects, which was not detected after pharmacological treatment alone.

**Conclusion:** WBV or magnetic therapy are effective tools to use for elderly osteoporotic patient management in conjunction with pharmacological treatment. For the characteristics of the WBV platform, only patients with sufficient balance to stand firmly on the platform can receive the WBV treatment, while magnetotherapy is administered with the patients in a comfortable position and without the need for special physical conditions. This is an advantage, considering the type of target patients (elderly patients with osteoporosis problems).