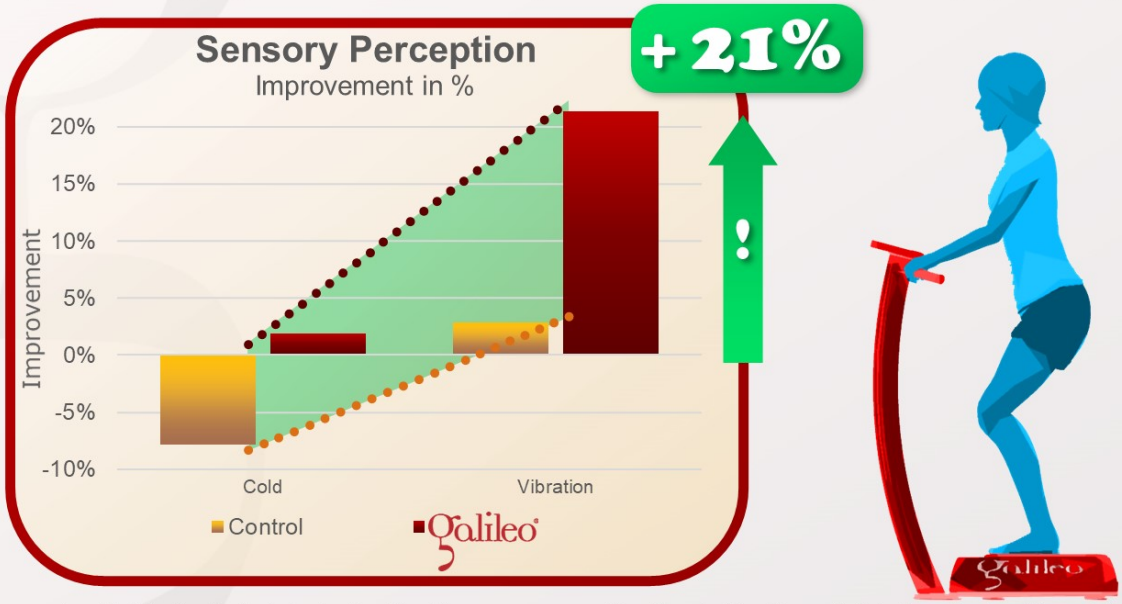
Galileo Therapy

Can Galileo Therapy improve sensory perception in Diabetes Type 2 patients ?

The answer is: YES

This study investigated the effects of Galileo Therapy on the sensory perception (perception thresholds) in Diabetes Type 2 patients with diagnosed peripheral neuropathy (12Hz, pos. 1-3, 30° bent knees, 11 min., 3/week, 6 weeks). The control group received identical exercises without vibration. Compared to the control group the Galileo group showed a significant improvement of sensory perception by up to 21% (vibration).



Lee K: Effects of whole-body vibration therapy on perception thresholds of type 2 diabetic patients with peripheral neuropathy: a randomized controlled trial.; J Phys Ther Sci, 29(9):1684-1688, 2017; PMID: 28932013; GID: 4523

Galileo Research Fact Sheet #114 Therapy: Diabetes Type 2, Neuropathy www.galileo-therapy.com

This study investigated the effects of Galileo Therapy on sensory perception in Diabetes Type 2 patients with increased fall risk (at least 2 falls in the past year) and with diagnosed diabetic peripheral Neuropathy.

The Galileo group received 11 minutes of Galileo Therapy 3 times per week over a period of 6 weeks (12Hz, position 1-3, 30° bent legs).

The control group received identical exercises without Galileo vibration. The perception threshold was measured using standardized measurement systems.

Compared to the control the Galileo group showed significant and essential improvements of the perception thresholds especially for vibration with an improvement of 21%.

Taking into consideration the diagnosed peripheral Neuropathy this is a relevant improvement – the author therefore relates the study as a “cornerstone for patients with sensory impairments”.

J Phys Ther Sci. 2017 Sep;29(9):1684-1688. doi: 10.1589/jpts.29.1684. Epub 2017 Sep 15.

Effects of whole-body vibration therapy on perception thresholds of type 2 diabetic patients with peripheral neuropathy: a randomized controlled trial.

Lee K[1].

[Purpose]
The aim of this study was to investigate the effect of whole-body vibration training on perception thresholds in type 2 diabetic patients with peripheral neuropathy.

[Subjects and Methods]
Fifty-nine patients with diabetic neuropathy participated in the study. They were randomly divided into the experimental group (n=29) and the control group (n=30).

The experimental group performed whole-body vibration training, whereas the control group performed only lower body training in the same posture without using whole-body vibrator for 6 weeks.

Perception threshold variables were measured to examine the effect of training.

[Results]
Warm and cold pain thresholds did not show significant changes in both groups before and after training. Vibration perception threshold showed significant improvement in the experimental group.

[Conclusion]
Our findings suggest that whole-body vibration training can improve vibration perception threshold of type 2 diabetic patients with peripheral neuropathy.

KEYWORDS:
Diabetes; Perception threshold; Whole-body vibration

PMID: 28932013 PMCID: PMC5599846 DOI: 10.1589/jpts.29.1684

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