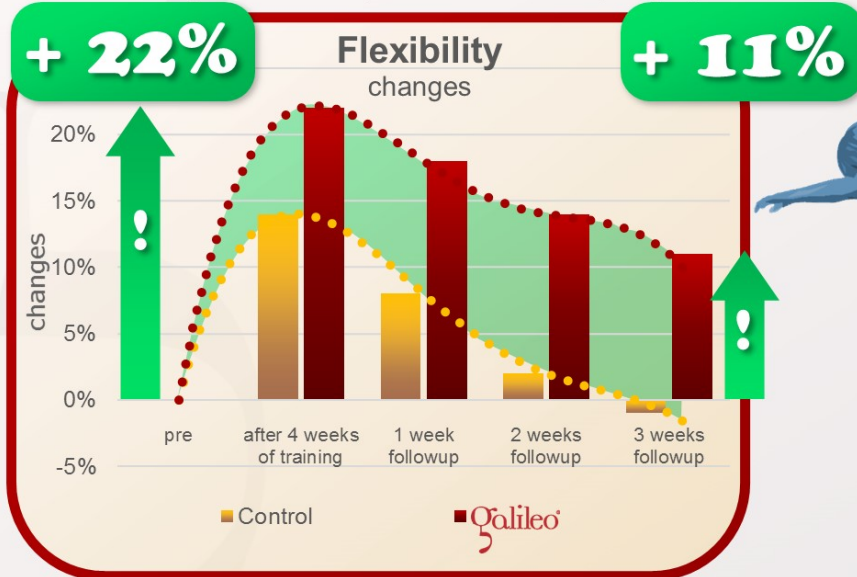




# Is increase in flexibility using Galileo Training longer lasting than standard stretching ?

## The answer is: YES

This study examines the effect von Galileo Training on flexibility (26Hz, 5\* 30 sec., pos. 2, straight legs, upper body 90° forward, 5/week, 4 weeks). Control group: identical exercises without vibration. The Galileo Group increased flexibility by 22% and sustained 50% of the effect after 3 weeks without any exercises. Standard stretching exercises only increased flexibility by 14% and lost all effects after only 2 weeks.



Feland JB, Hawks M, Hopkins JT, Hunter I, Johnson AW, Eggett DL: Whole body vibration as an adjunct to static stretching; Int J Sports Med., 31(8):584-9, 2010; PMID: 20535662; GID: 2366



Int J Sports Med. 2010 Aug;31(8):584-9. doi: 10.1055/s-0030-1254084. Epub 2010 Jun 9.

## **Whole body vibration as an adjunct to static stretching.**

Feland JB<sup>1</sup>, Hawks M, Hopkins JT, Hunter I, Johnson AW, Eggett DL.

### Abstract

This study was a randomized control trial. The purpose of this study was twofold: 1) to determine if stretching the hamstrings during whole-body-vibration (WBV) is more effective than static stretching alone; and 2) to monitor retention of flexibility changes.

The main outcome measure was hamstring flexibility as measured in degrees using a passive knee extension test. Thirty-four recreationally active college-age subjects (23.4 $\pm$ 1.7 yrs) completed this study (22 males, 12 females, avg. ht.=175.6 $\pm$ 6.4 cm, avg. wt.=74.9 $\pm$ 11.8 kg). Subjects were assigned to a control group (C), a static stretch group (SS), or a vibration + static stretch group (V). Subjects stretched 5 days/wk for 4-weeks and were followed for 3-weeks after cessation to monitor retention.

Analysis showed a significant difference between treatment groups ( $p < 0.0001$ ), time ( $p < 0.0001$ ), gender ( $p = 0.0002$ ) and in treatment\*time ( $p = 0.0119$ ), with 14% $\pm$ 3.86% (SEM) and 22% $\pm$ 3.86% (SEM) increases in flexibility after 4-weeks of stretching for the SS and V groups respectively. Three-week follow-up showed SS returning to baseline with V group still 6.4 degrees (11% $\pm$ 3.88% (SEM)) more flexible than at baseline.

**Stretching concurrently with vibration on a WBV platform appears to be a good adjunct to static stretching with the potential to enhance retention of flexibility gains.**

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