

# This is How to Choose a Vibration Therapy Device

Vibration therapy is quickly gaining popularity for its ability to lessen the symptoms of peripheral neuropathy, including pain. This simple and easily device used by doctors is also a good option for natural home treatment.

Just as neuroscience has found that cells in your peripheral nervous system can regenerate as long as there is enough life left in them, researchers are also discovering new ways to promote healing them.

Vibration is one of these new ways that has been found to help the body's own nerve healing mechanisms. Vibration therapy works by sending vibratory pulses through your body. These pulses cause your muscles to expand and contract, [similar to how they would during exercise](#). As a result, you get with [vibration therapy a similar type of stimulation and benefit as with exercise](#).

Vibration does not replace the benefits obtained by raising your heart rate with real exercise, but sometimes nerve damage makes exercising more challenging and even more dangerous than it might normally be.

The loss of feeling and coordination can create an increased risk for things like falls and injuries, so muscle contraction therapies can offer the same effects as low-intensity exercise without any of the added fall risks and challenges.

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## Benefits of Vibration Therapy

Research on vibration therapy is currently limited, but showing promise for benefits such as:

1. Pain relief<sup>1</sup>
2. Faster nerve regeneration
3. Blood circulation<sup>2</sup>
4. Oxygenation
5. Balance improvement<sup>3</sup>
6. Muscles strengthening
7. [Sensory function](#) improvement
8. Glucose metabolism<sup>4</sup>

One particular study tested 731 patients using vibration, and 70% reported a [reduction of chronic pain](#) by about 50%, and the pain relief lasted for at least 3 to 12 hours or more.

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## Types of Vibration Therapy Devices

There are basically three types of vibration devices, handheld, floor, and full body. The device best suited for you will depend on your type and location of neuropathy.

For example, if your nerve damage is mostly in your lower body, a floor plate may be your best choice. If balance or autonomic neuropathy is your primary issue, you may want to consider a full body platform. If focal point neuropathy in one specific location is your concern, than a handheld device may be all you need.

### Handheld Portable Vibration Devices

Handheld portable vibration devices are useful for reaching any part of the body to target specific areas directly where symptoms reside. Some units are cordless and battery powered or rechargeable, making them easy to use anywhere. They also often come with a variety of treatment heads for use in a variety of locations and intensity levels.

## Floor Vibration Plates

Floor vibration plates are the first choice for peripheral neuropathy in feet and legs especially, and also great for nerve damage in hands and arms. They are easy to use while sitting and relaxing, without needed use of your arms or hands.

## Full Body Vibration Platforms

Full body vibration platforms are only recommended for people with good strength in their legs and arms, and enough balance not to create a falling hazard. Full body vibration is especially useful for people with neuropathy that extends beyond the extremities. It is also the preferred choice of vibration therapy for motor and autonomic neuropathies.

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## How to Use Vibration Therapy for Neuropathy

It is important to be cautious and not use vibration therapy that is too strong or for too long. Always look for a wide range of adjustable speeds when selecting a vibration device.

Start on the lowest settings and for short duration times to avoid aggravation of symptoms.

## Warnings for Use of Vibration Therapy

Vibration therapy devices should not be used on very fragile skin or open sores. **Talk to your doctor before using vibration if you have blood clots, a pace maker, or cancer since vibration may worsen your condition.**

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