

Author Year; Country Score Research Design Total Sample Size	Methods	Outcome
Yasar-Fisher 2013; USA PEDro=6 RCT (matched) N=21	<p>Population: 11 men with SCI (mean age: 49±7 years; C4-T6; AIS A or B; ≥1 year post-injury) and 10 able-bodied men age: 48±8 years.</p> <p>Treatment: Randomly assigned to 30, 40 and 50 Hz synchronous-vertical whole body vibration (WBV) with an amplitude (peak to peak) of ≈2 mm on three separate days.</p> <p>Outcome measures: Heart rate, mean arterial pressure (MAP), stroke volume, cardiac output, oxygen consumption (VO₂), relative changes in oxygenated, deoxygenated and total heme groups.</p>	<ol style="list-style-type: none"> 1. Both groups demonstrated small but significant increase in VO₂, oxygenated heme and total heme groups; increases were larger in the SCI compared to the control group. 2. Significant decrease in deoxygenated heme in the SCI group. 3. No frequency effect was observed. 4. WBV responses did not appear sufficient to induce cardiovascular benefits in the SCI group. 5. WBV maintained mean arterial pressure levels above the pre-WBV standing values.