Table 17. Whole-Body Vibration (WVB)

Author Year Country Research Design Score Total Sample Size	Methods	Outcome
In et al. (2018); Republic of Korea RCT PEDro=7 Level 1 N=28	**Population:** 28 participants with cervical (level C6 or C7) SCI; 19 males and 9 females; mean age 48 years; AIS D; and mean time since injury 14 months. **Treatment:** All patients were randomly assigned to two groups: • WBV group (n=14): Participants received 16 min of WBV training, twice a day, 5 days a week for 8 weeks. The frequency was set at 30 Hz, and a vertical displacement was 2–4 mm. Patients were required to stand on the platform and were instructed to hold a semi-squatting position. WBV training consisted of four sets of 45 s of stimulation, and a minute break between each session. • Control group (n=14): Participants received the same WBV procedure but without vibration (placebo). Both groups were treated with a conventional physical therapy protocol consisting of range of motion and mat exercises, and gait training for 30 min per day. **Outcome Measures:** Postural imbalance (analyzed based on PS length using a force plate device) and walking ability (by TUG and 10MWT) were assessed at baseline and at post training.	1. Both groups showed significant improvements in balance and walking ability. 2. There were significant differences between the WBV and control groups for the changes in postural sway length (p=0.045 with eyes open and p=0.014 with eyes closed), TUG (p=0.016), and 10MWT (p=0.005); which were bigger in the experimental group than in the control group.