Low Intensity Vibration

Improves muscle control and condition, circulation, balance, posture and can also reduce pain.

www.biodex.com/livmd
**STIMULATES STEM CELL ACTIVITY THAT REBUILDS MUSCLE MASS AND IMPROVES BONE HEALTH.**

**Rx: Just 10 minutes a day**

LivMD is for people that wish to remain active, or as an adjunct therapy for supporting musculoskeletal health in the elderly or infirm. Unlike traditional whole-body vibration, low-intensity vibration is a safe, scientifically-proven biological signal that improves physiological and neuromuscular health. This can reduce pain while improving muscle control and condition, balance and posture, and circulation—all of which contribute to increased mobility and reduced fall risk.

**Balance & Mobility**

Regular use of LivMD, just 10 minutes per day, helps retain postural stability. Vibration therapy is safe, less fatiguing, and less time-consuming than many typical rehabilitative interventions. Low-intensity vibration not only helps relieve existing aches and pains—it may also help prevent further injury by lowering the risk of a fall or fracture by way of enhanced mobility, muscle coordination and strength.

**Active Aging**

In place of, or in addition to exercise, LivMD is used to improve musculoskeletal health. The technology of low-intensity vibration is ideal for those who find it difficult to exercise or for whom certain forms of exercise may be unsafe due to risk of fracture, falls, or joint damage, or for those struggling to incorporate ample exercise to maintain independence.

**Safe and Effective for Rehabilitation**

LivMD can be used for stand-alone therapy or as part of a rehabilitation program. Because it is low intensity, it is useful for those who have brittle bones or problems with balance. LivMD is also helpful post-surgery or injury, or in cases where a person has been sedentary for some time and is trying to rebuild muscle and improve bone health.

**APPLICATIONS**

**Older Adults/Senior Rehab**

Many elderly people have issues that prevent them from getting enough exercise. These can include:

- Mobility and joint issues
- Neuropathic pain
- Osteoporosis and osteopenia
- Diabetes and other metabolic conditions
- Poor circulation
- Obesity
- Arthritis
- Systemic inflammation
- Depression (which is associated with systemic inflammation)

Indications for use are supported with research.

Visit [www.biodex.com/livmd](http://www.biodex.com/livmd) for bibliography.

**SPECIFICATIONS:**

- **Dimensions:** 18” w x 14” d x 2” h (45.7 x 35.6 x 5.1 cm)
- **Power:** 100-240 VAC
- **Frequency:** 30 Hz
- **Vibration level:** <1 mm
- **Max G force:** <0.4 g
- **User Capacity:** 275 lb (125 kg)
- **Weight:** 19.7 lb (9 kg)
- **Warranty:** one year parts and labor

950-360 Vibration Plate, LivMD

Distributed by Biodex in the USA only.

FDA has concluded LIV signal a “non-significant risk device.”

**Patented Vibration Technology**—the only low-intensity vibration solution for consumers, backed by a leading Scientific Advisory Board and considered safe by OSHA standards.

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