

## **Vibration Plate VT007 – Information Sheet**

### **Supporting Motor Skills, Sensory Integration & Hemisphere Balance Through Whole-Body Vibration**

At Children's Therapy Services, we use a range of evidence-informed functional neurology and sensory tools to support children's motor development, balance, sensory processing, and neurological integration. One of these tools is the **Vibration Plate VT007**, a device that delivers gentle, controlled vibration to the whole body to enhance muscle activation, sensory feedback, and hemispheric balance.

#### **What Is the Vibration Plate VT007?**

The VT007 is a whole-body vibration platform designed to deliver safe, low-frequency vibrations through the feet or body.

It is used to:

- Activate muscles and improve muscle tone
- Enhance balance, posture, and motor coordination
- Increase sensory input and proprioception
- Support hemispheric activation by stimulating both sides of the body
- Complement functional therapy, balance, and motor planning exercises

By providing controlled vibration, the VT007 can “prime” the nervous system, improving readiness for movement and learning tasks.

#### **Why We Use the Vibration Plate in Our Clinic**

Children with motor, sensory, or neurological challenges may have reduced muscle activation, postural control, or hemispheric integration.

The VT007 may be used to:

- Improve balance, stability, and postural control
- Activate under-responsive muscles in the legs, core, or trunk
- Enhance sensory feedback through the feet and legs
- Support left/right hemisphere activation for better coordination and integration
- Prepare the nervous system for therapy activities such as gross motor tasks, balance exercises, and coordination drills

By stimulating muscles and sensory pathways simultaneously, the vibration plate helps children engage more effectively in therapy.

#### **Understanding How the VT007 Supports Therapy**

##### **Motor & Balance Activation**

- Stimulates leg, core, and trunk muscles
- Improves postural stability and strength
- Supports gross motor skill development

### **Sensory & Hemisphere Balance**

- Provides proprioceptive input through the feet and body
- Supports activation of under-responsive hemispheres
- Enhances body awareness, motor planning, and coordination
- Can be integrated into functional neurology programs for hemispheric integration

The VT007 allows therapists to tailor vibration and exercises to each child's **specific developmental and neurological needs**.

### **How the VT007 Helps Children**

#### **For Gross Motor & Balance Challenges**

- Strengthens lower body, core, and postural muscles
- Improves stability and coordination
- Supports walking, running, jumping, and other functional movements

#### **For Sensory Processing & Integration**

- Provides gentle, consistent sensory input through the feet and body
- Enhances body awareness and proprioception
- Supports regulation of arousal and attention

#### **For Hemisphere Balance & Neurological Integration**

- Stimulates both sides of the body to encourage left/right hemisphere communication
- Supports functional integration of motor and sensory systems
- Prepares the nervous system for learning and therapy tasks

### **How the VT007 Is Used During a Session**

Your therapist will:

1. **Conduct a full assessment** of balance, posture, strength, sensory processing, and hemispheric function.
2. **Determine appropriate vibration settings** (frequency, duration, intensity) based on the child's tolerance and therapy goals.
3. **Guide the child onto the platform** safely, often incorporating exercises such as:
  - Balance and weight-shifting activities
  - Core activation and trunk strengthening
  - Gross motor coordination drills
  - Reflex integration and postural control tasks

4. **Monitor response** in balance, muscle activation, sensory awareness, and overall regulation.
5. **Adjust exercises or vibration parameters** based on the child's response and progress.

The VT007 is always used as part of a broader, individualized therapy program.

## What Are the Benefits?

With careful use, the VT007 may support:

- Improved balance, posture, and motor coordination
- Increased muscle activation and strength
- Enhanced sensory awareness and proprioception
- Better hemisphere activation and integration
- Improved motor planning and body control
- Greater engagement in therapy and functional activities
- Support for reflex integration and postural regulation

## Additional Potential Benefits of a Vibration Plate

1. Sensory Input & Proprioceptive Feedback
  - Vibration platforms provide a lot of proprioceptive (body-position) input, which can help with body awareness.
  - For neurodivergent individuals (e.g., with autism, sensory processing differences), this kind of deep sensory input can be regulating, helping them "tune into" their body.
  - Great to help children with sensory processing difficulties by "enhancing muscle activation and proprioception" and helping them understand body positioning.
2. Motor Function / Gross Motor Improvements
  - There's fairly good evidence in cerebral palsy can improve gross motor function.
  - By analogy, even if someone doesn't have CP, if they have motor delays / challenges, the muscle activation stimulated by vibration could help with strength, coordination, and engagement in movement.
3. Bone Health / Lean Mass
  - Has been shown to increase lean mass (muscle) and bone mineral content in children with motor impairments.
  - In children with severe motor disabilities, vibration was well tolerated and helped increase bone mass over time.
  - This could be especially relevant if a child has low muscle tone, limited weight-bearing activity, or is at risk of low bone density.

#### 4. Behavioral / Regulatory Effects

- There's a small case study showing that acute whole-body vibration reduced some types of stereotyped behavior in young children with autism (e.g., repetitive movements), though effects were mixed depending on the type of behavior.
- The "movement + sensory input" hypothesis: providing rhythmic, predictable vibration may help regulate arousal, giving a non-social sensory "anchor" for self-regulation.

#### 5. The Melillo Method (Primitive Reflex Integration, Neurodevelopmental Work)

- The Melillo Method / "brain balancing" often focuses on reflex integration, sensory-motor development, and building neural patterns.

A vibration plate could *complement* this by:

- Providing consistent sensory stimulation that might help "wake up" or activate neuromuscular pathways.
- Helping with postural control, which is often a target in reflex integration (because retained reflexes can interfere with posture).
- Supporting engagement in exercises: for example, a child doing reflex-integration exercises (e.g., crawling, rolling, balance work) on a vibrating platform might get more sensory reinforcement, making the work more effective or more motivating.
- Because vibration can "recruit" many muscle fibers (via stimulation of muscle spindles), it could make repeated primitive reflex integration exercises more potent in terms of muscle activation.
- It could also make therapy "more fun": some children enjoy the vibration, which might increase participation or compliance (important in neurodevelopmental therapy).

#### Is the Vibration Plate VT007 Safe?

Yes. The VT007 delivers gentle, controlled whole-body vibration and is safe when applied under professional guidance.

#### Our Approach at Children's Therapy Services

The VT007 is integrated within a whole-child, individualized therapy plan, which may include:

- Functional neurology assessments
- Sensory-motor and balance programs
- Gross and fine motor skill development
- Primitive reflex integration
- Visual-motor and vestibular development
- Behavioural and emotional regulation support
- Individualized learning readiness programs

Each plan is tailored to the child's neurological profile, developmental goals, and areas of strength.

### **Summary**

The Vibration Plate VT007 is a versatile tool that can support motor development, sensory integration, and hemisphere balance.

It may help improve muscle activation, postural control, body awareness, and left/right hemisphere communication when used as part of a carefully supervised, individualized therapy program.

### **Ordering**

You can order directly from them and use our discount code at checkout- this will give you 5% discount: EYMSAU

<https://shop.vibrationtherapeutic.com/products/vt007-linear-vibration-plate>