



Effects of Vibration Training on Lower Extremity Strength: A Systematic Literature

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Abstract: **Background** Strength training of the lower extremity has been shown to improve overall leg musculature strength. The combination of vibration training (VT) and strength training (ST) has been increasing in popularity among various populations. Evidence, however, is scant on how this combined training regimen influences lower extremity muscle strength. **Data Sources** Systematic literature searches for randomized controlled trials between 2000-2020 were performed in the databases of PubMed, PEDro Database, Ovid, Cochrane Library, EBSCO (Medline) between April 30 to July 26, 2020. **Study Selection and Data Extraction** Nineteen randomized controlled trials (full text available, PEDro score > 6, and conducted in the past 10 years) with a total of 987 subjects met methodological quality guidelines using the PEDro scale. **Results** A total of forty (40) articles were screened, and nineteen (19) studies with a total population of n = 987 were included in the systematic review. There were no significant differences found between VT + ST vs ST in eleven (11) of the randomized controlled trials (n= 678). There was significant improvement in terms of improved strength outcomes in VT + ST vs ST in eight (8) of the randomized controlled trials (n= 309). Our results revealed that during lower leg strength training, the addition of vibration training (VT) does not significantly elicit greater improvements in lower extremity muscular strength in majority of the studies.



Biography:

Dr. Baloy has no relevant financial or nonfinancial relationships to disclose. Ms. Kwan has no relevant financial or nonfinancial relationships to disclose.

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