

INJURED? Speed up your recovery time

Medical Accreditation: MDD Certificate Number CE 539959

With in excess of 170 research papers on Whole Body Vibration (WBV) training, Power Plate® gained classification as a medical device in 2009 in the following categories:

- Improving muscular strength and power
- Improving flexibility and range of motion
- Improving circulation and cardiovascular function
- Aiding weight loss
- Reducing the appearance of cellulite
- Increased bone density
- Alleviating chronic pain
- Increasing bone mineral density and preventing bone mineral density loss related to ageing
- Fall prevention
- Improving general wellbeing, fitness and daily life functioning in patient populations

PREHAB optimizes your body for surgery, speeds recovery time and lessens pain.

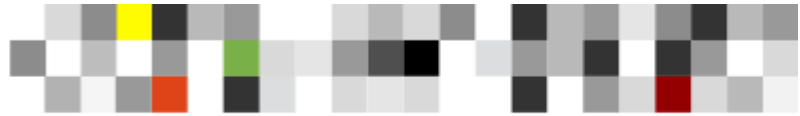
FACT: If you undergo surgery in a good physical condition, your chance of a successful operation is greatly improved. Prehab prepares your body, and more specifically your area of injury, for surgery.

At **STUDIO EH1**, using the Power Plate, our qualified Personal Trainers can specifically focus on correcting muscle imbalances around the affected area, thereby improving the effectiveness of surgery. The amount of pain you may feel after surgery and the amount of time that it takes to get back to feeling 100% is determined by a variety of factors, not the least of which is physical conditioning.

Prehab works to optimise the muscles around the surgical site, with the goal of shifting the load to the other muscles during your recovery. The benefits of this are simple. Less pain and faster recovery.

A pre-surgery Prehab program will reduce painful rehabilitation time and improve the overall outcome by conditioning you to an optimal level before surgery. By avoiding weakness and atrophy, which is typical of long periods of immobility while waiting for the surgery, you can improve your chances of faster recovery post surgery.





PREHAB is not just for injuries!

If you want to prevent injuries, your body needs to protect itself from the stresses of sport, exercise or everyday activities.

The best way to do this is to continue to strengthen your body bilaterally. Balanced strength is the key to allowing one side of your body to counter-balance the load on the other side, while exercising.

Our bodies lose an average of 7lbs of muscle mass for every decade we live after 40 years old. Because of this aging process, continued efforts to safely improve your strength, upper extremities, lower extremities, trunk and core, regardless of your gender or age is a great way to prevent injuries and improve performance.

At STUDIO EH1 we design our exercise programmes to be dynamic and therefore help to improve your full range of motion and improve the way your body functions and reduce the likelihood of injury.

POWER PLATE® Injury Rehab

Injured?

Had the op...had the Physio...time to rebuild?

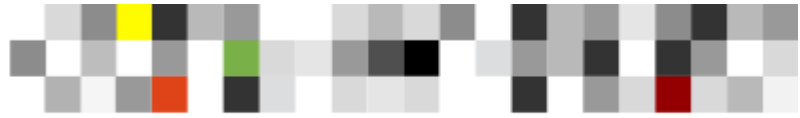
At STUDIO EH1 individual programs are designed by our qualified Power Plate Personal Trainers around YOU.

Whether you need help rebuilding muscle tissue around a damaged knee; regaining your range of movement following a shoulder injury or you need to build your core to help strengthen the weakness in your lower back...the list is endless - you can do all this in a safe, relaxed and controlled environment at STUDIO EH1.



At STUDIO EH1 we pride ourselves on the personal touch. We are NOT a big gym, where you're in and out the door and nobody knows who you are. We are a small studio, introducing a relatively new concept to Scotland **WHICH REALLY WORKS!**

So how does it work?



Improved blood and lymph circulation via Power Plate rehab speeds up healing after surgery or injury. Serotonin release calms you, whilst Human Growth Hormone (HGH) release speeds recovery. Power Plate also inhibits the loss of muscular strength which can often happen during the recovery phase.

In our experience we find many clients find Power Plate sessions more efficient than lengthy aerobic workouts in the gym. The modality can also kick start clients into exercise.

Post op

We recommend, a good 12 week post-op recovery period, during which your rehabilitation is through a certified Physiotherapist. We do indeed operate an informal referral arrangement with SPACE Clinic who are also using vibration therapy to treat patients, so if you're looking for a good Physio visit www.spaceclinics.com

Post injury

Depending on your injury and stage of recovery an assessment on the suitability of commencing Power Plate rehab will be made at the studio at your Free Trial. Please consult your Doctor to ensure you are fit for resuming exercise.

Your Power Plate rehab/training can then start either alongside your Physio treatment or in isolation if you've got the all clear!

Before you know it you'll be strong enough to come off your one-to-one rehabilitation program and choose a **STUDIO EH1** package that suits you!

We recommend the Personal Training option for Injury Rehab sessions.