

# Power Plate®



## Japanese Case Studies



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## Dr. KAKUKO Sports Clinic - Dr. Kakuko Nakamura

### HOW I DISCOVERED POWER PLATE®

I first saw vibration training machines in a shopping mall at PARCO in Shibuya about five years ago, where shoppers were gathering to try them out. I thought “they will never help you to add muscle”. But I have found that Power Plate is a totally different machine.

I first came across Power Plate when I started working for the Japan Institute of Sports Sciences, where they had about 10 Power Plate machines in their facilities, including in training rooms, gymnasiums, at a tennis court, and at each of the sports associations. Curiosity got the better of me and I learned that Power Plate generates tri-planar vibration over a range of frequencies, and that these vibrations not only train your muscles efficiently, but are also effective for rehabilitation from paralysis. Prior to this, I had thought that weight training was the only method for building up your muscles for injury prevention.

### THE BENEFIT OF POWER PLATE

Power Plate helps you to undertake training extremely effectively and safely. In particular, vertical movements and vibrations are important for your body. Vertical movements make the bones strong, and the muscle response makes the spine strong. Postural muscles are activated. I have come to believe in the efficacy of Power Plate, especially for women who are not strong, people with joint problems, and the elderly.

### WHAT MY PATIENTS THINK OF POWER PLATE

Many people who see Power Plate for the first time reject it, as I did, saying, “I don’t think that simply using Power Plate is effective.” I urge them to experience it for themselves. First, we begin by stretching. In a moment, users become able to bend or stretch parts of the body that they were not previously able to. They then realize how effective Power Plate really is.

Some users dislike the vibration sensation, but most of them come to like Power Plate after time. At our Clinic, the patients using Power Plate fund this themselves – unlike patients undergoing exercise rehabilitation that is funded

by health insurance. Patients use Power Plate after their Pilates or yoga sessions, or integrate Power Plate with other equipment such as medicine balls. The massage effect of Power Plate is an eye-opener. Its effect on flexibility and mobility is fast acting and promotes sweating, so it is effective as a warm-up before training.

### POWER PLATE IN OUR CLINIC

Our full-time physical therapist and I observe the improvement of the functional level of each patient every day and explore new ideas for incorporating Power Plate. It is important in our clinic that a physical therapist who understands Power Plate instructs and cues the patient as they train, monitoring their body’s response.

### TO WOULD-BE BUYERS

With expert instruction, the potential of Power Plate can be realised. The outstanding feature of Power Plate is that with this machine alone, you can make the entire body well balanced and healthy.

Director, Dr. KAKUKO Sports Clinic  
Visiting Professor, Yokohama City University



## Shinozaki Orthopedics Clinic - Dr. Yuki Shinozaki

### HOW I DISCOVERED POWER PLATE

In the summer of 2013 I visited Saegusa Orthopedic Surgeon in Choshi to seek advice on the opening of my own clinic and saw Power Plate® for the first time. Rather interested, I asked Dr. Saegusa “What’s this?” Dr. Saegusa said “It’s amazing!” and proceeded to tell me a lot of things about Power Plate, and introduced me to PROTEA JAPAN.

After I was given a detailed explanation and tried it myself, my early scepticism disappeared and I was convinced enough to decide to incorporate Power Plate into the rehabilitation room in my clinic when I opened in April 2014.

### THE BENEFIT OF POWER PLATE

Subsequently I visited the Otomo Orthopedic Clinic in Saitama. There I saw multiple Power Plate machines in continual use and so decided to introduce a second Power Plate machine within six months of opening my clinic. I used Dr. Otomo’s system as a business model for our clinic’s operation. We prepared a prescribed protocol based on common patients’ symptoms (knee, shoulder, lower back, etc.). Currently, up to 200 patients, 140 patients on average, visit our clinic daily. As a result, we need to limit their appointment time to just five minutes. Power Plate is very effective in allowing us to treat as many patients as possible without keeping them waiting.

### WHAT MY PATIENTS THINK OF POWER PLATE

Anecdotal accounts from my patients include “I lost 7 kg in six months”; “My constipation disappeared”; “I lost weight and could walk more easily”; “I slept better”; and so on. I use Power Plate myself almost every other day for about 10 minutes a day. I sleep well on the days when I use Power Plate. Recently, we have received more requests to increase the treatment options we offer on Power Plate. In fact, due to availability, it is difficult for patients to continue to visit our clinic after they have become well. However, for those patients who really appreciate Power Plate, I recommend training not only for improving symptoms, but for active aging, increasing muscle strength and preventing future injuries.

### POWER PLATE IN OUR CLINIC

Since we sometimes keep patients waiting for an hour in the morning, I am thinking of introducing another Power Plate machine. I am planning to open a branch clinic in the future to expand our business to nursing care, including day care and day services and of course Power Plate is at the centre of this plan. At our clinic, there is one full-time staff member for each Power Plate machine. At first, I was concerned that the personnel cost would be too high, but this concern was immediately alleviated because of the high efficiency and repeat visits by patients.

### TO WOULD-BE BUYERS

In this aging society, Power Plate has infinite potential, including preventing patients from being bedridden, and the extension of healthy life expectancy. I strongly recommend Power Plate as an inclusion in any orthopaedic clinic.

Director, Shinozaki Orthopedics Clinic



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## Hasegawa Orthopedics Clinic - Dr. Morimasa Hasegawa

### HOW I DISCOVERED POWER PLATE

Our clinic combines orthopedic and plastic surgery techniques to contribute to promoting the health and natural beauty of local people. Two years ago, we decided to also build a facility for day care and exercise therapy. Before opening our clinic, I researched a variety of resistance-based exercise machines. I was looking for hydraulic or air pressure machines and tried every machine available, including Redcord, Pilates, and Kaatsu machines. And then I encountered Power Plate, which was introduced to me by Technogym Japan. While researching it online I honestly felt doubtful about “a machine that does everything effectively...” When I tried it myself, however, I was convinced of the efficacy of Power Plate. I reached the conclusion that a combination of a resistance training machine and Power Plate would be best for a facility for exercise therapy for elderly patients or patients whose physical strength has declined. While we were developing our rehabilitation clinic the Ministry of Health, Labour and Welfare was planning to transfer chronic rehabilitation for elderly patients to nursing care insurance. At that time, land next door to our clinic became available, and so we decided to develop a further day care facility introducing a variety of machines made by Technogym, in addition to six Power Plate machines.

### THE BENEFIT OF POWER PLATE

We have high expectations for the potential of Power Plate, but in terms of combination with other machines, we focus first on the lower limbs. More than anything, POWER PLATE has an advantage in that it produces effects in a short period of time.

### WHAT OUR PATIENTS THINK OF POWER PLATE

Many patients say that they feel best using Power Plate. While it only takes a short time for each patient, patients have a high level of satisfaction, which is amazing. One of the elderly patients visiting our clinic for day care began to come only to use Power Plate, saying, “I would only like to use that vibration machine because day care is tiring”.

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### POWER PLATE IN OUR CLINIC

The patients in our day care facility and exercise therapy facility are extremely satisfied. 500 patients visit our clinic each day, of which 200 use Power Plate. Patients are lazy to do exercise, which is essential to build a healthy, active body. Power Plate is very effective for those just beginning to exercise. I therefore believe that Power Plate can contribute to extending the healthy life expectancy of patients. Head of rehabilitation department, physical therapist Mr. Koji Kitamura

### TO WOULD-BE BUYERS

Since patients do a lot of research on the Internet now, they know about Power Plate, and many patients visit our clinic to use it. Training using Power Plate not only makes patients feel good, but is also proven to maintain muscle mass, lead to regeneration, and increase bone density. However, some patients are sceptical and do not try using Power Plate even after we explain it to them. Many of them, however, change their minds when they hear about it via word of mouth from other patients. Power Plate produces a reliable effect in a short amount of time. I think that Power Plate is better than any other machine.

President, Medical Corporation Kenbikai Director, Hasegawa Orthopedics Clinic/  
Plastic Surgery



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## Itsuki-kai Healthcare Corporation Group Medical, Nursing Care, Medical Fitness Complex Facility - Dr. Masaki Sato

### HOW I DISCOVERED POWER PLATE

When I opened this facility two years ago, I was looking for a good machine for fitness and rehabilitation, and was lucky to come across Power Plate. I introduced one machine for medical fitness, and then another one for rehabilitation, and then a third machine to meet the increased demand for medical fitness.

### THE BENEFIT OF POWER PLATE

“Anti-aging” is our theme. “Anti-aging” is closely related to subcutaneous fat. Fat is classified into good fat and bad fat. It is important to burn off bad fat and increase adiponectin, a hormone that is secreted by good fat cells, to lead to a healthy body. I believe that training using Power Plate burns bad fat very effectively and increases the number of good fat cells. What is noteworthy is that even many elderly patients with insufficient cardiopulmonary function can obtain the beneficial effects of exercise without applying too great a load. Adiponectin is known as a “rejuvenating hormone,” and its effect is recognized in the prevention and improvement of diabetes, hypertension, hyperlipidemia, arteriosclerosis, and cancer.

### WHAT OUR PATIENTS THINK OF POWER PLATE

When we first started using Power Plate we were particularly struck by its effectiveness for patients in wheelchairs. Just placing the patient’s lower limbs on the Power Plate machine is effective. This means that even patients who have difficulty undertaking exercise are able to gain muscle and increase bone density by just using Power Plate. As a result, some patients have increased in independence so much that they are now able to ride on a bus and go shopping on their own.

### POWER PLATE IN OUR CLINIC

Our facility has 63 hemodialyzers and can accept up to 200 patients. Patients in our hospital are encouraged to walk about freely and make use of the café,

restaurant, and terraces. We strive to provide a comfortable environment for patients to encourage them to return. Power Plate is an additional facility we encourage them to use to regain muscle strength, improve blood flow, reduce body fat, and improve the health of their internal organs. In hemodialysis, it is important to increase the shunt flow rate. If a large quantity of blood can be taken, the efficiency of dialysis is improved. Four-hour dialysis is shortened to three-hour dialysis, which reduces the burden on the patient. If less-active patients were to undertake hard physical exercise, the shunt flow rate would be increased, but this is actually impossible due to their condition. On the other hand, we consider that Power Plate is also effective for adding muscle strength and increasing blood flow without negatively affecting the heart.

### TO WOULD-BE BUYERS

You should use Power Plate yourself. I use Power Plate at home for my own health care since it is difficult to find an hour for a run or to go to a gym. 10 minutes on a Power Plate machine can provide a similar fat-burning effect without any burden on the heart or lungs. In this increasingly aging society, “anti-aging” is synonymous with preventive medicine. Power Plate is also effective for the younger generation to prevent injuries in sports or club activities at school. Power Plate has a positive effect on the internal organs, and is also effective in terms of beauty care. From the standpoint of healthcare staff, use of Power Plate leads to fewer long-term care requirements. We will encourage more and more patients to use Power Plate and help them to enjoy their lives to the fullest!

President, Itsuki-kai Healthcare Corporation Group



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## Imakiire Clinic - Dr. Naoaki Imakiire

### HOW I DISCOVERED POWER PLATE

I opened my own medical clinic on September 1, 2014, and I frequently attend sports and orthopedic seminars. When I was checking the facilities of clinics from the seminar instructors' websites, I noticed that many of them featured Power Plate machines. After learning that Power Plate was also used at the Japan Institute of Sports Sciences and by the Kashima Antlers, as well as by the world's top-class athletes, like Rafael, I became so fascinated that I visited Protea Japan and sports doctors who were actually using the Power Plate to see the equipment and talk about it. The Journal of Clinical Sports Medicine also ran a huge feature article on Power Plate, and its good reputation within a diverse range of applications. This was a deciding factor for me to introduce two Power Plate machines to my clinic as soon as it opened.

### THE BENEFIT OF POWER PLATE

While the Power Plate is used by top athletes, it also works effectively with deconditioned people, such as the elderly, convalescents, and those in motor rehabilitation. It naturally and efficiently rebuilds the muscles of the body and lower limbs, and increases the ability to balance. For these people, it is important to regain the ability to perform basic actions in daily life, such as walking and standing. A lack of balance in the posture of the elderly leads to an increased risk of falling as their strides become shorter. By using Power Plate they become better able to maintain postural balance. Unlike other machines that impose a stress to generate hypertrophy, Power Plate instead helps muscles to move more easily and smoothly, as well as improve circulation. Most importantly, all of these outcomes produce positive effects on the mental acuity of patients.

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### WHAT OUR PATIENTS THINK OF POWER PLATE

The biggest advantage about Power Plate is that it lessens the burden for the patient because it does not take much time or physical strength. In fact, many of the patients who visit my clinic specifically for Power Plate training say that the machine keeps them warm, brings them relief, and invigorates their lives.

### POWER PLATE IN OUR CLINIC

At the academic medical centre, most of my patients had been athletes, however, I gradually started to see more non-athletes, such as patients with knee problems. I performed many knee surgeries, endoscopic surgeries, ligament plastic surgeries, and artificial joint surgeries. After surgery the weaker atrophied muscle around the knee shortens its stride, and often causes an unsteady gait. Although I ought to have been instructing patients how to train their quadriceps to prevent this, in reality I could not allocate that much time for such instructions. As a result, the postoperative prognosis for some patients suffered due to lack of muscle training. This led to patients' being sceptical of the surgery. To prevent this I prefer to provide correct instruction appropriate for each patient and ensure every patient is satisfied before they leave.

### TO WOULD-BE BUYERS

Our essential responsibility is to listen to the patient and provide the best treatment for each person, allowing them to make an informed decision themselves about their treatment options. There is no doubt that Power Plate is indispensable in allowing me to have a good conversation with patients in encouraging them to make effective treatment choices.

Director, Imakiire Orthopaedic Clinic

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## Kiba Park Training Center [Seishinkai Medical Corporation] - Dr. Atsumi Yoshida

### HOW I DISCOVERED POWER PLATE

I first came across Power Plate when I was attending the R-Body Project in Ebisu for rehabilitation from knee surgery that I had had about six years ago. The Power Plate had a great effect on my warm-up and cool-down.

### THE BENEFIT OF POWER PLATE

The merits of Power Plate include building up muscular strength and increasing mobility and flexibility of the body, among other positive effects. It is important for generating muscle to prevent injury. No other machines can develop muscle in such a short time as Power Plate does. With a healthy body, a healthy mind can be maintained.

### POWER PLATE IN OUR CLINIC

We are the only clinic of its kind in Japan that specializes in infertility treatment for both women and men. For infertility treatment, relaxing both the mind and body is more important than anything else. We modern people do not really move. We do not have enough exercise. The production of healthy eggs and sperm requires moderate exercise and mental stability. Most of our patients have tried many other clinics, without positive outcomes, and finally ended up at our clinic as a last resort. For these patients, we opened up a training centre in October 2014, accommodating seven zones that would even meet the demands of top athletes. Our facility includes a hypoxic room, and table tennis equipment, in addition to conventional exercise equipment. This training centre has realized my ideals. We have three Power Plate machines in the Power Plate zone, which are attended by dedicated staff members who play an important role in the "relaxing" process.

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Even those who are not really good at exercising do not mind using Power Plate.

Although infertility treatment does not guarantee success, I want to do my utmost to get the best outcome for each patient. Our patients undergo a lot of mental stress with the persistent pressure of wanting a child. Even if this leads them to have no real interest in exercising, most of those who try Power Plate will say that they feel good. Power Plate can raise a sweat in under five minutes, and can leave you feeling refreshed and invigorated after using it. Moderate exercise on a daily basis is very important in fertility treatments as it has a positive effect on the mind, which in turn can influence the production of healthy eggs and sperm, leading to external fertilization utilizing our state-of-the-art medical care, and eventually, to a birth.

### TO WOULD-BE BUYERS

We take full advantage of this efficient machine to save time relaxing the minds and bodies of 200 patients daily. If this is of interest to you, I definitely recommend you try Power Plate. I believe Power Plate has yet undiscovered healing and training potential.

President, Seishinkai Medical Corporation Supervisor/Adviser, Kiba Park Training Centre



## Social Medical Care Corporation, Hokuto

### ABOUT THE FACILITY

This high profile location includes the Hokuto hospital, specializing in acute rehabilitation, and Tokachi Rehabilitation Centre, a 199-bed rehabilitation facility constructed at a nearby location. In total, 94 physiotherapists are working across both facilities. These two hospitals work closely together to provide seamless rehabilitation from the acute phase and convalescent phase, through to the chronic phase and home care. Future development includes development of serviced housing for the aged, construction of a 100-bed health services facility for the aged, followed by a multi-purpose hall within the same premises. Development of a new medical care and allied health services system is an effort to realize a "Regional Comprehensive Care System" advocated by Ministry of Health, Labour and Welfare.

### TESTIMONIALS

Mr. Yuji Sato, Office worker - I was hospitalized in Hokuto Hospital 15 months ago for a spinal operation. I underwent two months of rehabilitation afterwards and at the same time started using the Power Plate machine. Initially I could not walk at all, so I had to be carried from my bed to the Power Plate and be placed in a sitting position in front of it so that I could just place my legs on it. When I used it for the first time, I was excited at how remarkably comfortable my legs felt. Since then, I am now become able to walk again, but both legs are still numb. After using Power Plate for just 45 seconds a day, my legs feel very comfortable. In addition, I feel that they are becoming more muscular day by day. I recommend the Power Plate to those who have a physically impaired lower body as I do. If I could afford it, I would like to install one in my home.

Ms. Mami Sakurai, Dental hygienist - While I was walking, I was hit by a reversing truck, and was pinned under the wheels. I suffered spine damage and multiple fractures to my face. It was a very serious accident that could easily have killed me, and the surgery took nine hours. I started rehabilitation a month later and immediately started using the Power Plate machine. Initially, I felt a tickling sensation. In particular, I felt my internal organs were moving rather vigorously. In the beginning I couldn't move my left leg, but I have now become able to walk again with the help of a lower extremity orthosis. Using the Power Plate made me more acutely aware of the presence of my legs, so I think this is ideal for rehabilitation. I wish to be able to walk normally again and go back to my job as a dental hygienist.

Mr. Shoji Kawae, Physiotherapist - I came across the Power Plate machine for the first time while I was attending a medical fitness forum. I feel that such rapid neuro-stimulation cannot be created by humans, but only by this machine. With Power Plate it is now possible for treatment to be done in an upright position. This effectively stimulates postural control, which becomes important in rehabilitation, and that is the most fantastic thing about this machine. It has shown remarkable results not only in the reduction of inflammation, but also in increasing circulation and improving muscle strength and flexibility. The Power Plate is popular among patients as it only requires them to "step on it."

Head of Physiotherapy Department, Mr. Kan Koiwa - "I fear that the Power Plate might replace us in the future !" This has been a concern voiced by some young physiotherapists. The Power Plate machine was recognized by our orthopedists as a rehabilitation tool and we have begun using it as soon as five days after an artificial knee joint replacement, in conjunction with physiotherapy. It appears that inflammation is reduced sooner after an operation when Power Plate is used, and patients are able to walking at a much faster speed. Many Tokachi and Obihiro residents are engaged in dairy farming and farming. We see a lot of them enduring pain while carrying out their work and living their daily lives. On the whole, a lot of them are also short on time. In the future I wish we could effectively utilize the instantaneous effects the Power Plate machine has on improving their daily functioning.



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## Renaissance, Inc., Renaissance Rehabilitation Centre in Ofuna

### ABOUT THE FACILITY

Renaissance Sports Club, which operates fitness clubs throughout Japan, opened Renaissance Rehabilitation Centre in May 2012 as part of an outpatient rehabilitation specific business. In this facility physiotherapists, rehabilitation specialists, and exercise instructors specialized in preventative care, offer exercises to elderly people who have received a “Certification of Support Requirement” or a “Certification of Long-Term Care Requirement,” based on functional assessments. In addition, group training know-how and programs developed at its fitness clubs were incorporated into exercise protocols in an attempt to make rehabilitation enjoyable and easier to achieve long-term compliance.

One example is “SYNAPSOLOGY,” which is a brain revitalizing program achieved through exercising and stimulating the five senses at the same time. When communicating exercises and services, Renaissance Rehabilitation Centre gives importance to the “keep it simple” philosophy, to engage the older generation. It also promotes using technology like the iPad as a tool for patients to become independent, and raise level of engagement with problem solving. This patient-centric rehabilitation system has gained brand loyalty amongst the locals. It has expanded its operations from one centre two years at opening, to nine centres in the neighbourhood.

I often hear from users that after exercising with the Power Plate machine they feel “lighter on their feet” and “able to walk with ease.” I have experienced three benefits of Power Plate training since introducing it to these facilities.

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Firstly, the results can be felt after a short period of time. With just 30-seconds of exercise, you can feel noticeable results because of the tonic vibration reflex that has been stimulated in the body through vibratory destabilization. With the Power Plate machine it is possible to elicit reflex muscle contractions and therefore it is effective in strengthening supporting muscles subconsciously in a short period of time.

Secondly, there are only a few contraindications, which suggests it is suitable for a diverse range of people and conditions. The Power Plate machine does not rely on adding external load to the muscles to achieve work, unlike traditional exercise. It can therefore safely be offered to patients with a respiratory disease or a circulatory disease.

Thirdly, the Power Plate machine has increased the range of exercises possible as it enables one to stimulate proprioceptors through vibratory destabilization. The areas we wanted to target previously, such as proprioceptors in the legs, can now easily be trained. I feel that the exercise diversity possible with Power Plate has been considerably broadened.

Physiotherapist,

Floor Supervisor Mr. Yasuyoshi Sakurai



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## Minami Iryo Seikatu Kyodo Kumiai, CO-OP (Cooperative Society) - Fitness Club Wish

Unlike other traditional hospitals, you get a casual vibe from the futuristic appearance of Minami Seikyo Hospital. This is a medical institution operated by COOP, an association formed for local residents with a view to creating “a hospital which helps create a healthy community.” To reflect this feeling, there is a bakery with a stone oven, an organic restaurant, a library and a travel agency all within the same building, making it a sophisticated and complex facility that people find easy to visit.

Minami Seikyo Hospital is a reliable medical institution covering care from the acute phase to the chronic phase, as well as preventative care. In recent years, people have been asking for the integration of medical care and non-medical care, and so a members-only facility, Fitness Club Wish, was added to this complex in 2010.

Members can exercise here in a relaxed atmosphere. The original aim of Minami Seikyo Hospital was not only to cure diseases but also to become a health promotor. Therefore, at Fitness Club Wish, numerous systems are in place enabling them to check the condition of each member in detail, from a perspective of both exercise guidance and medical care. All members’ exercise data is stored on individual user keys, and accessed by staff as required.

### TESTIMONIAL - Ms. Noriko Asada

I had been coming here since Fitness Club Wish opened. I had a cerebral hemorrhage three years ago and had an operation. After six months of rehabilitation, I resumed my visits and I now attend every day. I use the Power Plate machine mainly for massage and post-workout stretching. When I step on it after riding an exercise machine, it really makes me feel good. The right side of my body is still

paralysed, so I listen to my instructors very carefully and work out hard hoping to become able to move my body as previously. I feel that the Power Plate machine literally gives me power. I am very grateful for that.

### TESTIMONIAL - Manager, Mr. Masahiro Kato

I also work as a coach for young competitive swimmers. My first impression of the Power Plate machine, as a physical education professional, was that it would be very useful in a wide range of services regardless of a user’s age or gender, whether it be for aiming to improve health or for alleviating any after-effects, or for rehabilitation. Whether you are able to experience the results of exercising can greatly influence how long you can continue your training. On that point, the Power Plate can deliver solid results. This is the reason why I actively recommend it to members, and I definitely encourage people on a trial lesson to try it. When they do, I tell them firmly that this machine is not any good if they simply step onto it. I ask one of our instructors to provide thorough instruction as to why this machine can lead to a positive outcome and in what postures they can achieve better results.



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## Medical Care Corporation, Narumikai; Medical Fitness, Narumi Air Studio

On enrolment at Narumi Air Studio, and every subsequent three months, members can receive a medical examination and a physical fitness test doctors, health exercise instructors, physiotherapists and nationally registered dietitians. The medical examination includes a blood test, an electrocardiogram and a lung capacity test. Physical fitness tests include postural assessment, balance, muscular strength and endurance testing using the latest devices. The test results are discussed between all the examiners and the member, and a specific programme designed based on the individual's needs.

Based on such a detailed program, Narumi Air Studio aims to provide latter-stage elderly patients, stroke patients or those with a circulatory disease such as heart disease, with preventative care and functional improvement.

The studio is equipped with Technogym equipment and there are numerous classes available to choose from, including yoga, Pilates and Redcord. It caters for diverse needs, from people suffering from a chronic disease to people who require rehabilitation and people who wish to improve their health and develop their body. Such integration of medical treatment and preventative care is sure to become a standard of Japanese medical care in the future.

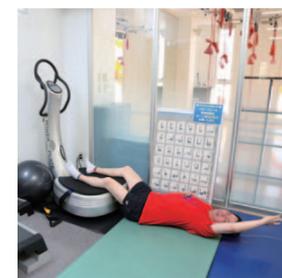
### TESTIMONIAL - Mr. Osamu Ito - Office worker

With the permission of my generous employer, I come here one morning a week. On December 23, 2012, I collapsed due to cerebral hemorrhage. After completing rehabilitation at the hospital, I searched for a good facility where I could continue my exercise therapy. I decided to join here after a trial lesson. My first impression after trying the Power Plate machine was that "this thing really vibrates." When I first started here I could barely stand. I progressed to walk training with canes, then walk training without canes and finally training at a faster walking speed. The therapists were strict in increasing the intensity. I feel that using the Power Plate machine between training really helped my tense muscles relax. It has a great relaxation

effect. Whenever I come here, I make sure to get on the Power Plate machine before and after training. I used to belong to a local club to play table tennis. I hope that I will become able to swing a paddle again one day, no matter how slowly. To do so, I will need to improve my muscle strength and I will utilize the Power Plate machine for that purpose. I have even become able to do light squats!

### TESTIMONIAL - Physiotherapist Dr. Yoshiji Kato

About two years before we opened this studio, I started to visit facilities in various locations and request brochures in search of a training machine that can stand the test of time without being influenced by trends. I study the field of health improvement of elderly people as well as preventative care. Therefore, I was hoping to introduce a machine that had a scientifically proven exercise effect. The Power Plate machine was selected out of the available machines with vibratory stimulation. These days, I can occasionally find research papers authored by Dr. Kiyoji Tanaka from the University of Tsukuba so I refer to them. However, when we opened this studio, there were not many Japanese papers reporting the effect of whole body vibration machines I was not entirely sure about their exercise effect. To be honest, I was still a bit doubtful when I introduced the Power Plate. However, it has now become the members' firm favorite. When used before and after a main training, it offers a remarkable relaxation effect, and it also helps tense muscles relax. These days, a lot of members specifically ask for the Power Plate. There are also a lot of members who cannot live without it. I am so pleased that I have introduced it. The Power Plate is a profound machine. In the future, I wish to have discussions with professionals from various fields in order to provide bespoke programs supported by scientific evidence.



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## Miyanaga Internal Clinic; Day Service Jiyugaoka, Minamikan

This facility was opened on March 3, 2011, and was actually designed to be “non-accessible.” There is a stairway immediately after the gate. In the entrance, you will have to pass a fairly high height to enter the house. Inside, there is a door. You will need to walk along the narrow corridor before finally reaching the spacious living room. There is a reason for all of this. Steps and obstacles were intentionally placed to encourage independence so that local residents would be able to live their lives in the way that their own homes demand for as long as possible. This is a philosophy of Day Service Jiyugaoka. In ordinary day care facilities, steps are minimized and obstacles are often removed. However, after visiting a comfortable day care facility to exercise and relax, once at home, you tend to avoid obstacles and be reluctant to go up and down stairways. The idea of Day Service Jiyugaoka was devised so that visitors could practice living their often troublesome daily lives normally. In fact, you can see that elderly visitors who come to this facility can walk around briskly. More importantly, you don’t hear any moans or groans. Staff members are also energetically engaged in their work, and it is heartwarming to see all of them together just like a big family.

### TESTIMONIAL - Ms. Setsuko Matsuoka (92 years old)

I was born in 1922 and had been a housewife. When I was 85 years old my husband collapsed from a stroke. When I started to care for him, I began to feel pain in my knees. After a while, fluid began to accumulate in the area, so I decided to do exercises designed for the elderly at a community centre. It has been three years since I started to come here, and I have been using the Power Plate machine from the beginning. You feel it (a vibration) in your entire body. This makes me feel really good and I feel invigorated after stepping on the machine. Thanks to the Power Plate I can now do cooking and washing in an upright position. I can also bathe on my

own. Last year, I tripped and was hospitalized for about one month. To avoid being bedridden, I work out hard and even go to shopping on my own. I use the Power Plate machine twice a week. I feel that I recover from the injury much faster than without the Power Plate.

### TESTIMONIAL - Executive manager, Mr. Masaki Hamada

This is a fantastic machine. I am an occupational therapist and originally worked in a psychiatric department. There, I witnessed the bent backs of depressed patients, which are a characteristic of depressed patients, and I became convinced that a sound mind is found in a sound body. If we support what each person wishes to do, and encourage them to do some exercises and help them stretch their bent backs, I believe they will eventually open up. Japan is facing the issues of a super-aging society and that triggered my thinking. – Is there anything we can do at a day care facility? – I searched the web for a machine that can give one results after a short period of time. I also made inquiries to various manufacturers directly. The Power Plate was the most convincing of all the devices, especially with its tag line, “From spinal injury to the universe.” Patients who come to our facility have various chronic diseases, from strokes and intractable neurological diseases to disuse syndrome. The Power Plate is a machine that can be used according to the needs of each patient and does not cause any pain or injury. In addition, it has a high-level instantaneous effect. There is no better machine than this. They say we are living in the latter stages of an aging society, but physical conditions vary from one patient to another. So this has nothing to do with age. If you give up using your body because you complain about pain or think it is too much to do, you will really become unable to move your body. Before that happens, I highly recommend that you step on the Power Plate. I intend to fully utilize this machine in the future for the health of local residents. I only hope the number of places that offer Power Plate will increase in the future.

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## Specified nonprofit organization, Takatsuki Magokoro - Kawazoe Magokoro Salon

Functional training within preventative care facilities has been difficult up to now. This is because the users have to clear so many hurdles before reaching the level of functioning that they want in their daily lives. Visitors to this salon are hoping to achieve positive outcomes more easily. The term “day care” was not recognized 10 years ago but the owner, Ms. Ashiyahara, created Kawazoe Magokoro Salon because she wished to respond to such needs. She renovated her own house to build a day care facility and started providing activities to support the elderly. She also opened a new wheelchair-accessible facility equipped with a bath. People then began to ask for facilities where they could visit casually to quickly care for their body in a short period of time. Kawazoe Magokoro Salon was opened in August of last year as the first day care facility in Japan specializing in the Power Plate, with a focus on preventative care. Having noticed the instantaneous effect of the Power Plate, this salon implemented a system consisting of two half-day sessions, which is different from other traditional day care facilities where visitors would come to a facility in the morning and go home in the early evening. It started when Dr. Yoshimi Tanimoto from Osaka Medical College (Department of Hygiene and Public Health) got in touch with Ms. Ashiyahara and urged her to step on a fantastic machine. So she nervously stepped on a device she had never seen before, a Power Plate, and she immediately realized its potential. She introduced the Power Plate machine into her facility as a device that would fulfil the principles of Kawazoe Magokoro Salon. Today six Power Plate machines are being used in her day care facilities, of which there are now three. Most users spend around three to ten minutes on the Power Plate machine by combining the prescribed menu, which consists of light training such as easy squats and tricep dips, with bending and stretching. The massage effect of the Power Plate is also popular and the number of people asking for more exercise time with the Power Plate machine is increasing.

The elderly almost always have some sort of disease or condition. I carefully monitored how they use the Power Plate machine every day. Soon, those who had been saying their daily lives were troublesome, began to say that they are getting better. Those who were unable to turn over in bed while sleeping became able to do so, and those who were unable to put on socks themselves became able to do so. Others said that they became able to pick up objects off the floor by reaching down while in an upright position. A patient with congenital cerebral palsy said he now spends less than 10 minutes on the toilet, as opposed to nearly 20 minutes in the past. The most common feedback out of all these comments concerned cramps. They said that since they started using the Power Plate machine twice a week, cramps in the calf areas have not occurred while sleeping.

Top athletes who compete to be ahead of other athletes by a millisecond, and the elderly who can barely support their own body all want the same thing from the Power Plate machine. The benefits are obvious to those who simply appreciate the effect it has. As time goes on I think it will become more important for us to learn something every day if we wish to realise the full potential of the Power Plate machine.

Chairman Mr. Mitsuhsa Nakamura



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## J-Workout Corporation Situated in Koto-ku, Tokyo

J-Workout Corporation is a spinal rehabilitation centre. Most of the equipment has been modified so wheelchair users can use it. There are four Power Plate machines and they are in continuous use.

In May 2002, the current president, Mr. Takunori Isa, injured his spine in an accident and became wheelchair-bound. By coincidence, he found out that in San Diego in the U.S. there was the world-first paralysis rehabilitation centre called “Project Walk,” and San Diego was the place where his old junior high classmate, Mr. Watanabe (the J-Workout Founder), was living at the time and studying.

Mr. Isa travelled to the U.S. in August 2004 and visited Project Walk with Mr. Watanabe. A few years later, Mr. Watanabe graduated with an education degree but stayed in U.S. to study physical education. He finally graduated and in 2005 successfully landed a job at Project Walk.

In the next two years he absorbed know-how and obtained a certificate as a paralysis recovery specialist making him the first Asian person to achieve this. He then returned to Japan with Mr. Isa and in March 2007, founded J-Workout Corporation. J-Workout was started in a rented meeting room about the size of 10-tatami mats, which was situated in Atsugi-shi, Kanagawa Prefecture. In July 2010, it moved its base to Koto-ku, Tokyo. The number of clients is now nearly 300.

In November 2010, Mr. Watanabe passed away suddenly while running in a marathon. However, instructors who had been supporting Mr. Watanabe since the business’s inauguration, and with the support of Mr. Isa, are unwaveringly following in his footsteps.

### TESTIMONIAL - Mr. Tomohiro Hasegawa

Without exaggeration, I managed to come this far because I met Mr. Watanabe and was helped by the Power Plate and was trained by current staff members. While I was studying at university, I suffered a spinal injury following a thoracic vertebra injury in a motorbike accident. I had to withdraw from university and did not leave my home for the next two years. I was constantly thinking about taking my own life. One day, I watched a TV program showing Mr. Kunieda, a wheelchair tennis player, and found out about J-Workout. My father said to me, “Nothing can be done by continuing to stay at home!” and that gave me the push I needed. I left Osaka with my father and rented a flat to become a member of J-Workout. Initially, I suffered from fever because the training program was so strict. I kept saying, “Oh! Why my legs are so heavy!” But I worked out hard with my heart and soul. Thanks to the training, I became able to live on my own. I have been coming here three times a week for nearly five years. I began using the Power Plate machine from the beginning. I soon somehow began to feel the vibration, travelling between the top of my head to the tips of my toes. It was interesting to analyze and look at my own body. Initially, I thought it would be an impossible challenge equivalent to an attempt to move someone else’s arms and legs using telepathy.

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Now, I can visualize another “me” inside of me. My left hand also suffered a serious injury, but thanks to the Power Plate, now I don’t feel much difference between my left hand and my right hand. My muscle strength has been improved and I even get muscle pain. I now aim to become a certified public accountant.

### TESTIMONIAL - Paralysis recovery specialist, Mr. Masaki Yano

The good thing about the Power Plate is the ability to apply exercise load safely but firmly. The majority of people with spinal injuries are unable to move or feel below the injured area. They are constantly in a sitting position without having to bear any type of burden on their body. However, they begin to face numerous problems. Muscles will lose strength and become thinner, and joints become less flexible then eventually stiff. Bone density will also decline. The occurrence of swelling and bedsores are also among problems faced by those with spinal injuries. For preventing those problems and improving them, training with the Power Plate is effective. The unique three dimensional vibration also stimulates the paralyzed area, thus stimulating the reflexes in the area prompting numerous involuntary muscle contractions. Thanks to those muscle contractions, people who cannot stand in an upright position on the floor can often stand on the Power Plate machine. I think training with the Power Plate machine is essential to revitalize and reconstruct nerve tissue and to regain the function of walking. At present, “spinal injury rehabilitation” at hospitals is performed based on this approach – “What can be done using the remaining functions?” – The approach, “Recovery of a paralyzed area” is hardly seen, if at all. People expect a lot from regenerative therapy. However, you don’t become able to walk again by simply carrying out an operation. It is necessary to maintain your body in a healthy manner until the operation, and to correctly repeat whole body training including the paralyzed area after the operation. Nothing will change by simply waiting, but there is no limit in your recovery once you start by taking a step forward.



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