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## Vibration Trainer

By Sylvia Wright

**L**uckily, the gym just up the road from me bought a vibration trainer which, I had heard, is great for people with MS to use because it exercises your muscles for you through vibration so you don't actually have to move.

I booked an induction on the machine and have never looked back. I am now an addict!

I try to use the machine every day, or at least every other day, and it has saved me from a very difficult and depressing life in that I was too tired to do anything and very defeated mentally. I was struggling to transfer on and off the commode/toilet and stair-lift

and now I manage a lot better, though not all the time.

### I Can Feel The Endorphins Flowing!

The best thing about it is the feeling that I am doing something positive with my day and the renewed hope for the future. Exercise is vital in keeping MS from progressing and after using the vibration trainer I can feel the endorphins flowing around my body and my legs feel more my own again.

The staff at the gym are brilliant in helping me use the machine. First I stand on the platform with my legs slightly bent and have it vibrate for 30 seconds at an intensity of 30, then on the low

vibration setting. I do this twice, (the high setting is a bit scary but you can increase or decrease the intensity) then I repeat this with my legs set a bit further apart.

Then I get off and work my biceps pulling on two cords with handles strapped onto the front of the machine and adjusting the length to my height sat on my scooter (2 x 30 seconds, intensity 30).

Then I repeat with my arms held out straight. Finally I am helped to sit on the platform and I lean back, usually supported by a helper and vibrate my abs (3 x 30 seconds, intensity 30).

I recommend anyone with MS to try this machine, which to me is finer than any physio I have ever had.



Sylvia Wright on the vibration trainer