

## PHI Announces 2013 Research Award Recipient

Post-Polio Health International (PHI) awarded a \$25,000 grant to study the effects of using an innovative machine that has shown early promising results with frail elders and people with various neurologic conditions in pain reduction, strengthening and bone density improvement.

The study – Effects of Whole Body Vibration on People with Post-Polio Syndrome – will be led by Carolyn Kelley, PT, DSc, NCS, from Texas Woman’s University, Houston, Texas. Carlos Vallbona, MD, TIRR-Memorial Hermann Rehabilitation & Research, is part of the research team.

The team will study the possible negative, as well as positive, effects of two innovative machines (Power Plate® pro5™ and Soloflex), machines with a platform that a person can stand or sit on, that vibrates the entire body. “Whole body vibration” is being used in fitness clubs, people’s homes, and nursing homes to either enhance exercise protocols or as an exercise substitute.

The study will recruit 40 people who have post-polio syndrome. Participants who qualify will use each of the machines for a month, with the order randomly assigned. People who walk full-time, part-time, and not at all can qualify.

Kelley explains that because this is an interventional study, people will need to either reside in the Houston metropolitan area or be able to stay in Houston for about three months.

For more information about the project and inclusion/exclusion criteria, contact Carolyn Kelley, PT, DSc, NCS at [ckelley@twu.edu](mailto:ckelley@twu.edu) or 713-794-2087.



*Power Plate® pro5™*