

POWER  PLATE®

HEALTHCARE

## Discover the Future of Care

Acceleration Training™ is the modern modality to improve patient well-being.



“ In my career, I’ve seen plenty of things come and go. With the Power Plate, we are seeing results I never would have dreamed are possible. It’s the most exciting piece of equipment we’ve ever had in our office.”

**Dr. Perry Cammisa**

Certified Biomechanics Specialist  
President, Ultimate ChiroCare™  
President and Cofounder,  
BStrong4Life™



Scan the QR code on your web-enabled device to watch the video or visit [www.powerplate.com/BeStrong4Life](http://www.powerplate.com/BeStrong4Life)



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# Power Plate® Technology: The Next Evolution of Care

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Introducing Power Plate: The modern modality to improve the patient's well-being.

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Power Plate uses Advanced Vibration Technology™ to offer one of the most safe and effective ways to treat certain injuries and promote a positive outcome of illnesses.

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Your patients will increase muscle strength and circulation, ultimately improving their quality of life.

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Power Plate equipment is your investment in quality treatment, backed by an unrivaled level of support.



“ I am a physician who specializes in Physical Medicine and Rehabilitation. I see enormous potential for Power Plate as a modality for increasing strength, balance and endurance in the medical arena. It will be useful not only in rehabilitation following trauma, strokes, and other debilitating illnesses, but also in decreasing the rate of deterioration in progressive neurological diseases such as Multiple Sclerosis and Parkinson’s Disease. I can testify to its effectiveness, as I am a Power Plate owner and user. I have been using Power Plate and have noticed improvements in my balance, strength, endurance and well-being. ”

**Karen K Bloom,**  
**MD, FACP**  
Physician

# 1

## Patient Well-Being in Motion

Power Plate® machines embody a non-invasive exercise therapy-based modality for prevention, recovery and rehabilitation that positively impacts patients from the first day of use. Providing a multitude of benefits for users of diverse ages and physical conditions, Power Plate therapy addresses a broad range of debilitating symptoms and speeds recovery time, allowing patients to more quickly resume their normal daily functions. The use of Advanced Vibration Technology™ means Power Plate machines are safe and effective, leading to an improved quality of life.

Power Plate therapy has gained acceptance from major medical, rehabilitation and therapeutic centers around the world. The biomechanical aspects of vibration are widely used in the medical field for the treatment of certain injuries and the positive outcomes of illnesses.

The Power Plate Pro Series is accredited by the Inclusive Fitness Initiative, which means they can be safely used independently by people with disabilities. In 2010, the United Kingdom's Medicines and Healthcare Products Regulatory Agency classified the full range of Power Plate machines as certified medical devices.

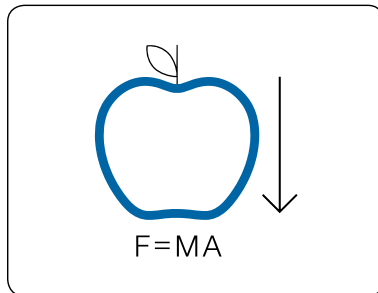


# 2

## Powerful Science

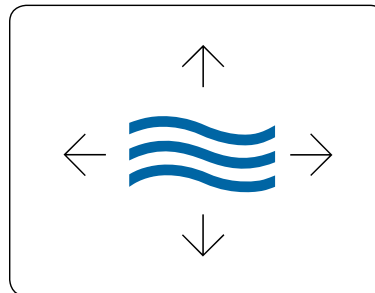
The Advanced Vibration Technology™ concept behind Power Plate® equipment was first used by Soviet cosmonauts in the 1960s to counteract muscle and bone loss caused by the zero gravity conditions they experienced while in space. In 1999, Dutch Olympic Trainer Guus van der Meer adapted and improved the technology.

01



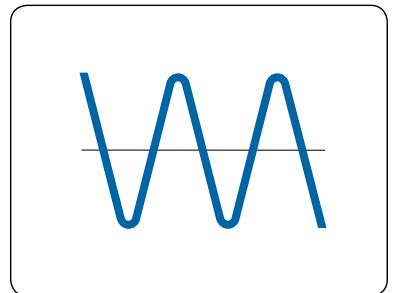
Acceleration Training™ exercise uses the principle of Newton's second law, Force = Mass x Acceleration. While conventional exercise increases mass, the vibration of the Power Plate machine increases acceleration.

02



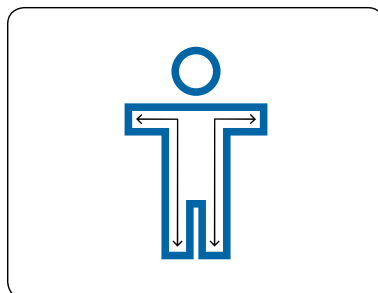
Power Plate equipment vibrates primarily up and down to improve muscle strength, and left to right and front to back to aid balance and coordination. The platform vibrates between 25 and 50 times a second.

03



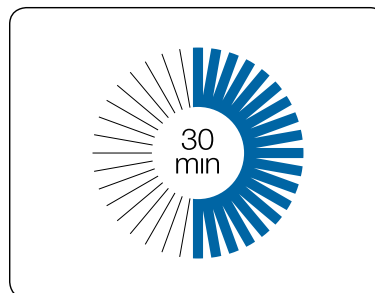
Power Plate equipment uses PrecisionWave™ Technology—a high-fidelity harmonic vibration system that provides a controlled level of vibration across all areas of the plate surface for consistent and dependable results.

04



These vibrations cause the muscles to contract reflexively between 25 and 50 times per second to deliver a full-body workout.

05



Acceleration Training exercise enhances your health and well being in less than 30 minutes per session.

06



With regular Acceleration Training exercise, you will soon see results, such as an increase in improved circulation, increased bone density and a decrease in pain.

“ The very first time I stepped on the machine, I could feel it working, even on the lowest settings. Something was definitely happening. I’ve had my Power Plate machine for three weeks now and I can see a transformation taking place in my body, especially in my legs. All those squats and lunges I’ve been doing for years are finally showing results. My legs feel tight and firm. The abdominal exercises are firming up my mid-section and my arms are stronger than ever. I have a feeling that within a couple of months, I will be in the best shape of my life. ”

**Dr. Lynn Hardy**  
Naturopathic Doctor



“The more I use the Power Plate, the more I have come to realize that I will never again work in a clinical setting that does not use the Power Plate. It is that powerful of a device; it does make a difference in how my patients feel; and most importantly, it is making what I do as a physical therapist more effective!”

**Lisa Jurski**  
MSPT



# 3

## Fast Forward to Results

More than 200 research studies have been conducted on whole body vibration, and the research has shown that, when used regularly as part of a healthy lifestyle, Power Plate® Acceleration Training has numerous healthcare, wellness and fitness benefits:

### **Strength**

Improves muscle tone, posture and endurance.

### **Circulation**

Improves and increases blood flow to strengthen the cardiovascular system.

### **Flexibility**

Increases range of motion, coordination, balance and stability.

### **Build Bone Density**

Increases bone mineral density and prevents bone loss related to aging.

### **Alleviate Pain**

Promotes faster recovery of damaged muscles and tendons, decreases pain and improves joint function.



For a full list of Power Plate research studies, scan this QR code on your web-enabled device or visit [www.powerplate.com/research](http://www.powerplate.com/research).

# 4

## Power Up Your Practice

Power Plate machines create a unique profit center for your practice. Your patients remain in your care longer, which allows you to supervise their progress in a billable setting.

### **Billing Insurance**

With patients that have insurance, you can bill using CPT codes. The reimbursement per billing unit typically ranges from \$25 to \$50, depending on the duration of the intervention and the CPT code used. Some codes that can be used for Power Plate therapy include: Therapeutic Exercise, Neuromuscular Re-Education, Gait Training, Therapeutic Activities and Sensory Integrative Techniques\*.

### **Cash Patients**

For patients without insurance, Power Plate equipment is currently used as an added benefit for patients, allowing the practice to charge an additional fee for usage.

\*CPT code usage varies by state. To learn more about which codes may apply in your area, contact the American Medical Association.



“ It has been nine months since my first introduction to the Power Plate® machine and its concept of whole body vibration. Today, the Power Plate machine is the most utilized piece of equipment in my office. It runs continuously throughout the day, six days a week. I’ve been able to increase my billable services and grow my practice faster than any other method. ”

**Dr. Dennis Sall**  
Mount Sanai, NY



BStrong4Life  
Woodridge, IL

# 5

## Make Your Facility Stand Out

From referral programs and advertising support to promotional materials and an extensive collection of online resources, Power Plate offers comprehensive marketing support to help you create awareness about your program.

### **Plate Locator and powerPASS Program**

Gain exposure to thousands of people looking for Power Plate locations. Power Plate Authorized Centers get a free listing on our Plate Locator. Plus, we'll send potential patients your way with the powerPASS program, which offers one free Power Plate session at your clinic.

### **Brand Hub**

Power Plate Authorized Healthcare Centers are given access to the Brand Hub, an online marketing support system. The Brand Hub contains Power Plate logos, high and low resolution images, educational tools and more—everything you need to build customized marketing materials for your facility's Power Plate program.

### **Consumer Brochures**

Display these brochures at your front desk to gain exposure and inform your patients.

# 6

## Supporting Your Investment

Power Plate® equipment is your investment in quality, durability and performance. We're as committed to making sure your business gets the most from our machines, as you are to helping your patients get the most from their treatments.

### **Warranty**

Enjoy peace of mind with our superior after-sales service and a two-year warranty on parts and labor on all Pro Series equipment.

### **Research and Development**

Our research and development center is devoted to developing new innovations in Acceleration Training™ exercise equipment. To view research, visit [www.powerplatehealthcare.com](http://www.powerplatehealthcare.com).

### **Certified Medical Devices**

After rigorous audits of all company processes—manufacturing, risk assessment, order fulfillment, customer care, warranty and after-sales service—the United Kingdom's Medicines and Healthcare Products Regulatory Agency found that Power Plate meets the highest European standards for safety and effectiveness. In 2010, once the Power Plate Clinical Literature Review was validated, the full range of Power Plate machines were classified as certified Class IIa medical devices.





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HEALTHCARE

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