

A study of whole Body-vibration Osteoporosis can be found in The Journal of Bone Mineral Res. published a study in 2004 titled, "Effect of 6-month whole body vibration training on hip density, muscle strength, and postural control in postmenopausal women: a randomized controlled pilot study." by SM

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The study was small, 70 women ages 58 - 74, some of whom received the vibrational therapy, some of whom did resistance training and others were a control group. The study took 24 weeks. . . . The WBV group and the RES group trained three times weekly for 24 weeks.

"The WBV group performed static and dynamic knee-extensor exercises on a vibration platform (35-40 Hz, 2.28-5.09g), which mechanically loaded the bone and evoked reflexive muscle contractions. The RES group trained knee extensors by dynamic leg press and leg extension exercises, increasing from low (20 RM) to high (8 RM) resistance. The CON group did not participate in any training"

Hip bone density was measured by DEXA scan at the beginning and after 6 months.

RESULTS: Vibration training "increased BMD of the hip (+0.93%, $p < 0.05$). No changes in hip BMD were observed in women participating in resistance training or age-matched controls (-0.60% and -0.62%, respectively; not significant). Serum markers of bone turnover did not change in any of the groups."