Clinical Low-Intensity Vibration papers																			
							outcome / effects				positive outcome / negative outcome					term positive / term negative / no change			
author(s)	**year**	**title**	**journal**	**subjects (n)**	**device (freq, ampl)**	**dosage, time**	**abstract**	**BMD**	**BMC**	**trabecular bone**	**cortical bone**	**muscle strength**	**muscle mass**	**postural control**	**PCM**	**flexibility**	**fall prevention**	**fracture rate**	**QoL**
Rubin et al	2020	Prevention of postmenopausal bone loss by a low-magnitude, high-frequency mechanical stimuli: a clinical trial assessing compliance, efficacy, and safety	Journal of bone and mineral research	postmenopausal women (70)	pent design (30Hz, 0.3g)	2*10 min daily, 12 mos	https://asbmr.onlinelibrary.wiley.com/doi/10.1002/jbmr.4115/abstract	-	-										
Ward et al	2004	Low magnitude mechanical loading is osteogenic in children with disabling conditions	Journal of bone and mineral research	children with disabling conditions(30)	pent design (30Hz, 0.3g)	10 minutes/day, 6 days/week for 6 months	https://asbmr.onlinelibrary.wiley.com/doi/10.1359/JBMR.0301246/abstract	-	-				-						
Ward et al	2008	Short high-frequency, low-strain mechanical loading for premenopausal women with low bone mass: early findings	Journal of bone and mineral metabolism	premenopausal Caucasian women w. low bone mass (8)	dynamic (30Hz, 0.3g)	12 months, 2*12 min daily	https://link.springer.com/article/10.1007/s00774-008-0001-6	-	-										
Gilsanz et al	2009	Low-Level, High-Frequency Mechanical Signals Enhance Musculoskeletal Development of Young Women With Low BMD	Journal of bone and mineral research	young women (18-29) (peers) with low BMD (48)	pent design (30Hz, 0.3g)	12 months, 10 min daily	https://asbmr.onlinelibrary.wiley.com/doi/10.1359/jbmr.090601/abstract	-	-	-			- (in spine m.assessment)						
Holguin et al	2009	Short-duration vibration of very low magnitude vibration alleviates expression of the interferon-beta gene in osteoarthritic chondrocytes	The spine journal	osteoarthritic (8)	sweep, sets (30)	30 hz, 0.3g	https://www.sciencedirect.com/science/article/pii/S1529943009001413?via%3Dihub	-	-				-						
Leung et al (conference proceeding)	2009	Low Magnitude, High Frequency Vibration Enhances Fracture Healing and Remodelling: A Study with Intramedullary Fractures	Fourth International Meeting of Chinese Orthopaedic Research Society	healthy adult rat femoral fractures (60), (peers) fitted with dynamic hip screw on femoral rod (20)	pent, 0.3g	30 min daily, 5 mos	https://www.researchgate.net/publication/228349788_Low_Magnitude_High_Frequency_Vibration_Enhances_Fracture_Healing_and_Remodelling_A_Study_with_Intramedullary_Fractures	-	-										-	
Rubin & Duffy	2010	The Effect of 5 Mins of Twice-Weekly Low- or Higher-Intensity Whole-Body Vibration on Risk Factors for Postmenopausal Hip Fracture	American journal of physical medicine & rehabilitation	postmenopausal women (47)	pent (10-50 Hz, 0.3g) High: Gaiter, 12.5 Hz, 1	twice weekly, 1*5 mins (10) or 2*5 mins. (High), 8 mos	https://www.ncbi.nlm.nih.gov/pubmed/21135698	-	-	-	-			0						
Ward et al	2011	Short high-frequency, low-magnitude vibration exercise for children with cerebral palsy	Journal of pediatric orthopaedics	children with cerebral palsy (61)	pent (30Hz, 0.3g)	10 min/day, 5 mos	https://www.ncbi.nlm.nih.gov/pubmed/21399/abstract	-	-	0	-		-						
Mai et al	2011	Postural instability caused by extended bed rest is alleviated by brief daily exposure to low magnitude mechanical signals	Gait and Posture	healthy adults (20)	sweep (30Hz, 0.3 or 0.6g)	10 min/day, 2 mos	https://www.ncbi.nlm.nih.gov/pubmed/21397/abstract	-	-		++		-						
Fung et al	2011	The effect of whole-body vibration therapy on bone density in patients with psoriatic arthritis	American Journal of Dermatology	Patients with Psoriasis	pent (30 Hz, 0.3 g)	30 min daily, 3 mos	https://www.ncbi.nlm.nih.gov/pubmed/21399/abstract	-	-										
Lam et al	2012	Effect of whole-body vibration (WBV) therapy on bone density and bone quality in osteopenic girls with adolescent idiopathic scoliosis: A randomized, controlled trial	Osteoporosis International	osteopenic girls with adolescent idiopathic scoliosis	pent (30 Hz, 0.3 g)	20 min/day, 6 days/week for 12 months	https://link.springer.com/article/10.1007/s00198-011-1663-4	-	-										
Marsell et al (conference proceeding)	2012	Effects of Low-Magnitude High-Frequency Vibration on Bone Strength in Duchenne Muscular Dystrophy Duchenne Muscular Dystrophy	JBMR Int J Bone Miner	Children Affected by Duchenne Muscular Dystrophy (21)	pent (30 Hz, 0.3g)	20 min/day, 12 months		-	-			0	-						
Leung et al	2013	Effects of 12-month low-magnitude high-frequency vibration on fall rate and fracture risk in 710 community elderly - A cluster-randomized controlled trial	Osteoporosis International	elderly females (710)	pent (30Hz, 0.3g, 0.2 g)	daily 20 min, 5 days/week for 12 months	https://link.springer.com/article/10.1007/s00198-012-2083-4	0	-		-		-					-	- / -
Rist et al	2013	Low Magnitude Mechanical Stimulation to Improve Bone Density in Persons of Advanced Age: A Randomized, Placebo Controlled Trial	Journal of Bone and Mineral Research	Persons of Advanced Age (n. was 2500) (110)	pent (30Hz, 0.3g)	20 min daily, 3 mos	https://asbmr.onlinelibrary.wiley.com/doi/10.1002/jbmr.2108/abstract	0/+	-	0	0			0					
Leonard et al	2014	Effect of Low-Magnitude Mechanical Stimuli on Bone Density and Microbone in Pediatric Crohn's Disease: A Randomized Placebo Controlled Trial	Journal of Bone and Mineral Research	Young people affected by Crohn's Disease	pent (30Hz, 0.3g)	10 minutes/day, 12 months		0/+	-										
Weigl et al	2014	Effect of Low Magnitude High Frequency Mechanical Stimulation on BMD among young Childhood Cancer Survivors. A Randomized Placebo Controlled Trial	JBMR Oncology	Childhood Cancer Survivors (60)	pent (30Hz, 0.3g)	Two sessions 10 minutes/day, 12 months	https://onlinelibrary.wiley.com/doi/10.1002/jbmr.1485/abstract	-	-										
Rajapakse et al	2020	Effect of Low Intensity Vibration on Bone Strength, Muscle Strength and Balance in Healthy Postmenopausal Women: A Randomized Placebo-Controlled Trial	Journal of bone and mineral research	Post-menopausal women (60)	Wavetrine (50 Hz, 0.3g)	10 minutes/day, 12 months	https://asbmr.onlinelibrary.wiley.com/doi/10.1002/jbmr.4524	0	+		+								