

# **1) EFFECT OF KNEE FLEXION ANGLE ON NEUROMUSCULAR RESPONSES TO WHOLE-BODY VIBRATION**

In this study done by researcher from NASA they found positive neuromuscular responses of leg muscles during short periods of WBV.

## **2) NEUROMUSCULAR RESPONSES TO TWO WHOLE-BODY VIBRATION MODALITIES DURING DYNAMIC SQUATS**

This study done by NASA suggest that WBV enhances muscle activation in the lower- and upper-leg during dynamic squats.

### **3)Effect of whole body vibration on bone formation and resorption in older patients: a randomised controlled trial.**

This 12 week, 3 times a week, study with older people suggest that whole body vibration does not affect bone resorption but lead to an increase in bone formation.