



**Eastern Sports & Spinal Care**

*'Performance Focused Physio'*

## **Vibrogym**

*As used by Tatiana Gregorieva, Shaquille O'Neal,  
Kylie Minogue, Prince Albert of Monaco,  
Essendon Football Club & Arsenal FC*

### **How It Works**

The **Vibrogym** stimulates muscle reflex contractions as the user weight bears on the platform activating more muscle fibres than when performing an exercise on a stable base or when using general exercise equipment. A range of exercises are prescribed on the Vibrogym, according to each individuals needs.

Approximately 90% of each muscle is activated throughout exercise performed on the **Vibrogym** compared with 40% for a standard exercise on a stable floor.

Therefore, a workout on the **Vibrogym** is much more efficient.

**30 mins on the **Vibrogym** = 90 mins in the gym**

### **How We Can Help You**

No one is better qualified to assess your body and design a specific program to improve key areas than one of our physiotherapists. Each one has had detailed training on the various exercises that can be performed on the **Vibrogym** and the benefits they provide for your body.

#### **Our Physios Will:**

- Determine your specific goals
- Assess your current physical condition
- Design a personal program for you
- Teach you your **Vibrogym** exercises
- Renew and upgrade your program to help you achieve your goals

# Pricing

## Initial Consult - \$99.50

An initial 1-on-1 consult with a physio is required at Eastern Sports & Spinal Care to assess and design your program on the *Vibrogym*.

## Supervised Subsequent Consults - \$69.50

Depending on your progression you are likely to require 1-2 additional 1-on-1 sessions with a physio before you begin your unsupervised program.

## Private Sessions

Once you have been cleared to use the machine without supervision, there are three payment options available. Users can only book in single half hour availability

### 1. 1 Week Block

\$30 p/week

= unlimited usage for 1 week

### 2. Prepay for 8

\$160

=\$20 p/session

### 3. Pay per session

\$25 each

# Availability

The *Vibrogym* is available to use during business hours (Monday to Friday 8:30am - 6pm). As we like you to exercise in the privacy of our gym, some times may be unavailable due to clashes with group exercise classes. Bookings are essential.

Call us today to book a time that suits you.

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# Goals

- Massage component reduces muscle tightness
- Excellent for reducing DOMS - delayed onset muscle soreness
- Programs can range from very gentle to very challenging depending on your specific needs
- As whole body vibration training increases your metabolism it is a very useful adjunct for those wanting to reduce body fat, in conjunction with a good diet and a cardiovascular program
- The machine is suited to ages 14 years + and caters for a range of needs. It can be used as an alternative to traditional gym work, to improve balance and bone density for the aged or for those with very tight muscles, to name a few
- We are happy to discuss its suitability with you over the phone

*“Since doing the Vibrogym program for eight weeks my energy levels have increased significantly. I was really flat and tired before and had no energy to cook and clean or look after the kids. I can also touch my toes which I haven’t been able to do since I was 17 years old and fractured my spine!”*

**Megan - Has been using the Vibrogym at Eastern Sports And Spinal Care since March 2007**

*“We have been using the Vibrogym at Essendon Football Club for 12 months. In that time I have observed the great results our players have achieved in increasing levels of mobility. This observation was confirmed in a joint study we conducted with Ben Hinton of Edith Cowan University, WA.*

*Going forward, I believe that the Vibrogym may have a role to play in preparing players for certain surgical procedures along with incorporating the machine’s use in rehabilitation and post training/competition recovery”.*

**John Quinn**  
**High performance manager**  
**Essendon football Club**

# Location



**141 Kensington Rd  
NORWOOD SA 5067**

MAIN ENTRANCE: Turn left off Kensington road as you head east towards the hills

ALTERNATE ENTRANCE: Turn left down Donegal St as you head east towards the hills then turn up a driveway next to an EFI International sign

## ***Business Hours***

Monday - Friday  
8:30am - 6pm