



COHESIVE HEALTHCARE MANAGEMENT & CONSULTING

Mangum Regional Medical Center

TITLE		POLICY	
Vibration for Muscle Re-education		817	
MANUAL	EFFECTIVE DATE	REVIEW DATE	
Rehabilitation			
DEPARTMENT	REFERENCE		
Rehabilitation Services			

SCOPE: All professional rehabilitation staff that will be utilizing vibration for muscle re-education at Mangum Regional Medical Center.

PURPOSE: To establish policy for use of vibration in muscle re-education.

DEFINITION: Vibration therapy is a treatment technique for neuro-muscular re-education for the purpose of improving the level of communication between the body and brain via the nervous system.

POLICY: Physician order received for facilitation, muscle re-education, therapeutic exercise or stroke/neuro rehab.

Indications:

- Denervated muscle
- Peripheral nerve injury
- Bell’s palsy

Contraindications:

- Open sores or lesions of the skin
- Areas of ecchymosis
- Areas of inflammation
- Patient with a history of calf tenderness, phlebitis or emboli
- Painful areas

PROCEDURE:

1. Use of vibration is determined by therapist post patient evaluation.
2. The use of a vibrator for muscle re-education and facilitation is explained to the patient and his/her role in the process is fully explained.
3. The vibrator is checked to be sure that it is in proper working order.
4. The patient’s skin is inspected for lesions.
5. The vibrator is turned on and applied to the muscle to be facilitated.
6. The patient is simultaneously asked to contract the muscle if possible.
7. The therapist/assistant closely monitors the muscle for signs of activity.

REVISIONS/UPDATES

Date	Brief Description of Revision/Change