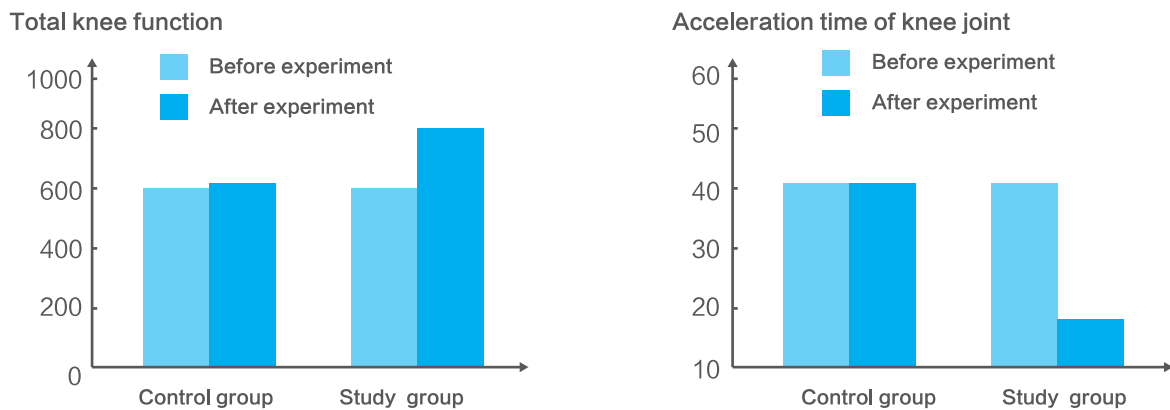


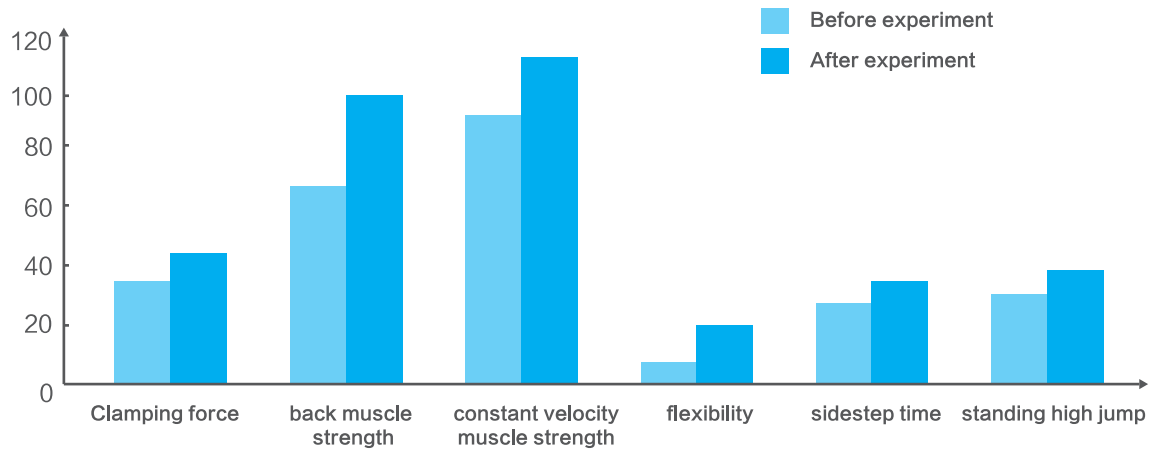
Principle and clinical effect of bone rehabilitation

iRelaxBot has significant effects on relaxing muscles, strengthening muscle tension, enhancing muscle activation, maintaining muscle tension, etc . Next, we use several sets of data to understand the effect of acoustic vibration on lower limb joint torque and muscle strength, the synergistic effect between systemic vibration and flexibility exercise, and the effects of exercise on the muscles around the shoulder joints.



During the 8 weeks, the whole body vibration exercise lasted for 30 minutes a day for 4 days a week, and the changes of joint torque were observed once a week. The data was shown in the picture above from which we can see that the whole body vibration exercise induced greater muscle activation, maintained muscle tension, and then strengthened lower limb joint torque and lower limb muscle strength.

Changes in physical fitness,



In the same 8 weeks, the whole body vibration and flexibility exercises were performed for 40 minutes a day, three times a week, and the obtained data was as shown above. Through the synergistic effect between the whole body vibration and the flexibility exercises, the muscles were activated and kept muscle tension, and play a better flexibility exercise effect.