



Vibration exercise technology comes to Weld

Staff Reports

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CBP Spine Center in Windsor now gives therapy to patients with an exercise machine that uses whole body vibration to stimulate muscle contractions. The machine, called the Power Plate, was unveiled to Weld County residents in November. According to the maker, the machine can improve strength, flexibility, range of motion, bone density and speed muscle healing.

At the Spine Center, Dr. Sandy Koss said the focus is on helping patients first correct spine problems and then retrain ligaments and muscles to support correct postures. The Power Plate helps patients become stronger, she said.

Koss even uses it herself, doing an exercise routine on the machine as it vibrates, and has lost 18 pounds. "You step on the Power Plate, and it's doing the work for you," Koss said. "How much better can it be than that?"

Experts say that any machine training should be a supplement to a sensible diet and exercise program.

The CBP Spine Center is located at 1180 Main St., Suite 7, Windsor. For more information, call (970) 686-9117, or visit www.windsorspinecenter.com.

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