



Introduction to Sonic Ergonomic Vibroacoustic Therapy

Vibroacoustic Therapy is a low sound frequency therapy in which sonic waves are streamed to mats, recliners, blankets and pillows. The sonic waves are converted to a soft inner body massage which vibrates organs, tissues and cells.

Vibroacoustic Therapy helps reduce pain, stress, insomnia and anxiety and boost vitality in a soothing and effortless way.

It can be applied as a standalone therapy or integrated with any other modality.

It could also be used as a self-help tool and by care givers.

www.vibro-therapy.com/research

The added value of Vibroacoustic Therapy to Occupational Therapists

Vibroacoustic therapy (VAT) has the potential to be a valuable tool for occupational therapists (OTs) in several ways:

Improved Sensory Processing:

- VAT can help regulate sensory processing issues, a common challenge for many of an OT's clients. The vibrations and sounds can provide a calming and organizing input, reducing anxiety and improving focus. This can be beneficial for children with autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), or sensory processing disorder (SPD).

Motor Skill Development:

- VAT may enhance motor skill development by improving proprioception, the body's awareness of its position in space. The vibrations can stimulate the nervous system, leading to better coordination and motor planning. This could be helpful for clients recovering from strokes, spinal cord injuries, or with conditions like cerebral palsy.

Pain Management:

- VAT has shown promise in pain management. The vibrations can activate the body's pain-relieving mechanisms and reduce overall pain perception. This could be beneficial for OTs working with clients with chronic pain, arthritis, or musculoskeletal injuries.

Improved Balance and Gait:

- VAT can improve balance and gait function by stimulating the vestibular system, which plays a role in spatial orientation and balance. This could be helpful for clients who have difficulty walking or maintaining balance due to neurological conditions, injuries, or aging.

Reduced Anxiety and Depression:

- VAT's calming effect can help reduce anxiety and depression symptoms. This could be beneficial for clients with mental health conditions or those experiencing stress and anxiety related to their rehabilitation process.

Overall Improved Functional Outcomes:

- By addressing sensory processing, motor skills, pain, balance, and emotional well-being, VAT can contribute to improved functional outcomes for OT clients. This means they can better perform daily activities and live more independently.

Overall, vibroacoustic therapy has the potential to be a valuable tool for occupational therapists, offering a non-invasive and complementary approach to improve their clients' functional abilities and overall well-being.

[What is Vibroacoustic Therapy](#)

[About TheSoundWell – Interview in Healthcare Magazine Review](#)

[Free Vibroacoustic Therapy workshop approved by AOTA](#)

