



**“I have seen several recent news stories that mention vibroacoustic therapy – could you explain what vibroacoustic therapy is and what the benefits are?”**

**Answer sponsored by:**



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**Answer:**

Vibroacoustic Therapy (VAT) is a recently recognized technology that uses sound in the audible range to produce vibrations that are applied directly to the body. The technology uses speakers or transducers placed within mats, mattresses, chairs and tables to provide a physiologic and auditory experience. Benefits include pain management, anxiety relief, symptom reduction and physical therapy.

Interest in incorporating vibroacoustics in patient care practices may be attributable to the nonpharmacologic and noninvasive nature of the technology. Research and development of vibroacoustic use include applications to manage pain, increase range of motion and muscle tone, to reduce symptoms for patients in chemotherapy and reduce stress. It is also used to increase rehabilitative therapy following knee replacement, to help prepare patients for surgery, to help patients recover from surgery and to provide sensory stimulation for people who are hearing impaired and developmentally disabled.

Vibroacoustics can also increase quality of life and be used to manage behavior in psychiatric settings, geriatric facilities, child life centers and palliative care facilities.

Vibrations in the audible range have been used to help bring patients back to mental, physical and emotional balance in many cultures. Current medical technology utilizes vibration in varying degrees of intensity and frequency.

VAT technology was used for pain reduction with patients who have rheumatoid arthritis. Patients who listened to music while experiencing music vibration had a 64 percent reduction in pain while patients receiving only music had a 24 percent reduction in pain and a placebo group experienced a 2 percent increase in pain.

The non pharmacologic nature of vibroacoustics makes this treatment an important pain-management tool. While it may not work in every instance, it is a promising complementary method that may reduce the need for pain medication and provide a pleasant alternative to medication.

More information is available online at [whitelotussalonand-massage.com](http://whitelotussalonand-massage.com).