

# vibrOs - Case-Control Study on Osteoporosis Prevention By Vibration Therapy

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General	
Identification	
Detailed name	Case-Control Study on Osteoporosis Prevention By Vibration Therapy
Sign or acronym	vibrOs
CNIL registration number, number and date of CPP agreement, AFSSAPS (French Health Products Safety Agency) authorisation	CNIL (declaration of conformity to MR001): 1167710; CPP notification date: 07/01/2009; 07/01/2009; AFFSAPS approval date: 05/02/2010
General Aspects	
Medical area	Disability/handicap Geriatrics Physical medicine and rehabilitation Radiology and medical imaging Rheumatology
Keywords	vibration, vibrating "power plate" platform, bone mass, incidence
Scientific investigator(s) (Contact)	
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Unit	U1059 Biologie intégrative du tissu osseuxÉquipe/activité :Contraintes mécaniques et tissu osseux- Métabolisme énergétique et os
Organization	Inserm ; CHU de Saint-Etienne ; Université Jean

## Collaborations

## Funding

Funding status	Public
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Details	- IFRESIS - Federal Scientific Research and Health Engineering Institute (Institut fédératif de recherche en sciences et ingénierie de la santé) - French National Institute of Health and Medical Research.
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## Governance of the database

Sponsor(s) or organisation(s) responsible	Institut national de la santé et de la recherche médicale - Inserm
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Organisation status	Public
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Sponsor(s) or organisation(s) responsible	CHU de Saint-Etienne
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Organisation status	Public
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Sponsor(s) or organisation(s) responsible	Université Jean Monnet
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Organisation status	Public
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Sponsor(s) or organisation(s) responsible	Institut fédératif de recherche en sciences et ingénierie de la santé - Ifresis
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Organisation status	Public
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## Additional contact

## Main features

## Type of database

Type of database	Study databases
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Study databases (details)	Case control study
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Database recruitment is carried out by an intermediary	A selection of health institutions and services
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Database recruitment is carried out as part of an interventional study	No
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Additional information regarding sample selection.	Recruitment takes place about every 4 months; female volunteers are identified following a selection
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visit.

Database objective	
Main objective	To highlight the positive impact of professional vibrating platforms on bone fragility.
Inclusion criteria	<ul style="list-style-type: none"><li>- Female;</li><li>- Aged between 55 and 75 years old;</li><li>- Sedentary (less than 2 hours physical activity per week);</li><li>- Bone fragility not treated with medication.</li></ul>
Population type	
Age	Adulthood (45 to 64 years) Elderly (65 to 79 years)
Population covered	General population
Gender	Woman
Geography area	National
Detail of the geography area	France
Data collection	
Dates	
Date of first collection (YYYY or MM/YYYY)	05/2010
Size of the database	
Size of the database (number of individuals)	< 500 individuals
Details of the number of individuals	240 - 120 cases - 120 controls.
Data	
Database activity	Current data collection
Type of data collected	Clinical data Paraclinical data Biological data
Clinical data (detail)	Direct physical measures
Paraclinical data (detail)	Bone function test, high-resolution ankle and wrist

scan, calculation of muscular and postural strength, as well as control and balance.

Biological data (detail) Blood sample with bone markers.

Presence of a biobank Yes

Contents of biobank Whole blood

Details of biobank content Bone markers.

Health parameters studied Health event/morbidity

## Procedures

Data collection method The "case" group consists of three 15-minute sessions per week on the Power Plate platform, supervised by a coach, at a rate of 130 sessions over 12 months. All sports activity shall be stopped for the following six months to see if the benefits remain. The control group does not participate in any session.

Participant monitoring Yes

Details on monitoring of participants Follow-up for 18 months with medical checkpoints every 6 months.

Links to administrative sources No

## Promotion and access

### Promotion

Link to the document <http://www.ncbi.nlm.nih.gov/pubmed/1627903>

### Access

Terms of data access (charter for data provision, format of data, availability delay) Contact the scientist in charge.

Access to aggregated data Access on specific project only

Access to individual data Access on specific project only