

BROADCAST: Vibration plates show promise for people with lymphedema

OSF expert says more research is needed

ANCHOR: You might have seen videos on social media touting vibration plates as a way to improve circulation and reduce swelling. But can they actually help people with lymphedema?

VO/SOT:

Vibration plates are getting a lot of buzz online, with videos touting it for better fitness and everything from better circulation to less swelling. But OSF HealthCare physical therapist Rachel Rohan (**ROE-man**) says, for people with lymphedema, the devices should be viewed as an add-on ... NOT a replacement for the current treatment they're getting.

SOT — Rachel Rohman (ROE-man)

"They are already potentially doing their other treatment options that are more standard of care, but they're just looking to take their treatment to the next level and so I'm telling them that is an additional option they can try that does have some promising research."

Standard treatment can include wearing compression bandages and clothing along with lymphatic drainage massage.

Rohman says research on vibration plates has shown some promising results for circulation and swelling, but there is still limited research specifically involving people with lymphedema.