

Houston Chiropractor Adds ZAAZ to His Chiropractic Tool Kit

Cassandra Segoviano August 05, 2013



Houston Chiropractor Dr. Richard J. Werner adds ZAAZ Whole Body Vibration Machine after a recent study on the effects of fitness and vibration training on muscle quality revealed significant benefits in older men was published by the American Congress of Rehabilitation Medicine.

(Newswire.net – August 5, 2013) Los Angeles, CA -- Dr. Richard J. Werner DC added the ZAAZ Whole Body Vibration Machine to his available treatments after continued research and studies showed impressive results from people who used the machine.

This Houston Chiropractor says “anyone at any fitness level or body condition can get a full body workout that will help to tone, add muscle and improve circulation with added benefits being increased bone density and weight loss.”

ZAAZ is an oscillating platform that oscillates back and forth at various speeds. Makers of the Whole Body Machine touts that a 10 minutes ZAAZ workout equals 4000 muscle contractions.

Dr. Werner felt the studies conducted on the ZAAZ Whole Body Vibration Machine have been impressive enough to add this as an option for his patients. He also cited the results published by The University of Queensland’s School of Health and rehabilitation on the effect on weight bearing exercise with low frequency whole body vibration on lumbosacral proprioception helped him to reach his decision.

“Patients with **low back pain** (LBP) are often present with impaired proprioception of the lumbopelvic region. For this reason, proprioception training usually forms part of the rehabilitation protocols. New exercise equipment that produces whole body, low frequency vibration (WBV) has been developed to improve muscle function.”

Dr. Werner agreed that the ZAZZ machine has received a lot of media attention and could have a hyped appearance as being the answer to the non workout, workout. ABC 13 News ran a story on the ZAAZ workout titled “Lose weight, tone muscles without breaking a sweat? View it here: <http://abclocal.go.com/ktrk/story?section=news/local&id=8560446>

The ZAAZ actually works to contract the muscles much the same as a traditional gym workout in which 1 hour equals about 10,000 muscle contractions. The technology is currently being used by professional sports teams, medical and rehabilitation facilities in the United States, Europe, Canada and Australia.

Dr. Richard Werner has been a Houston Chiropractor for 30 years treating school, college, Olympic and professional athletes. He offers flexible hours to accommodate all Houstonians from seniors to busy moms and area business owners needing after 5 or Saturday appointments.

His services include [Houston chiropractic treatment for sports, spinal, muscular-skeletal \(soft tissue\) injuries](#), auto and on the job accidents, with an emphasis on specialization in headaches, neck/arm, back/leg, and shoulder pain.

To speak further with Dr. Werner about the *ZAAZ Whole Body Vibration Machine* or other holistic treatments he offers please call: 713-528-8800.

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