

Why Dual Motors?

Research has shown that significant vertical amplitude (2-6 mm) is required to generate adequate “loading” of both the muscular and skeletal systems. Only synchronized dual motors, as featured in Vforce, are capable of generating adequate vertical amplitude while limiting the ineffective horizontal vibrations generated by single-motor units.



HAMSTRING

Baseline (No Vibration)	20.66 μ V
Single-Motor Vibration	277.51 μ V
Dual-Motor Vibration	1,754.63 μ V



QUADRICEPS (VMO)

Baseline (No Vibration)	44.42 μ V
Single-Motor Vibration	77.40 μ V
Dual-Motor Vibration	156.06 μ V



GASTROCNEMIUS

Baseline (No Vibration)	17.38 μ V
Single-Motor Vibration	143.78 μ V
Dual-Motor Vibration	1,476.88 μ V



PERONEAL

Baseline (No Vibration)	32.25 μ V
Single-Motor Vibration	241.44 μ V
Dual-Motor Vibration	1,922.75 μ V



ABDOMINAL OBLIQUE

Baseline (No Vibration)	6.20 μ V
Single-Motor Vibration	9.42 μ V
Dual-Motor Vibration	17.27 μ V



GLUTEUS MAXIMUS

Baseline (No Vibration)	28.90 μ V
Single-Motor Vibration	29.62 μ V
Dual-Motor Vibration	241.20 μ V

NOTE: Static squat at 70° of knee flexion.
EMG readings (microvolts) reflect the mean over a 30 second period at 30 Hz.

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