

## **Vibroacoustic Therapy (VAT) for post surgery pain management, digestive support, increased circulation, sleep quality and optimized natural healing capacities.**

**Introduction:** This self directed study follows the subject from time of injury, spiral fracture of left fibula in female age 53, surgery, post operative, for a total of 14 days. Detailing the primary application of VAT as a means of reducing need for traditional pharmaceutical pain medications. *\*note: due to blood vessel dilation VAT cannot be used when there is active bleeding such as immediately following surgical procedures and was paused for 3 days before resuming.*

**Literature Review:** Since the Norwegian founder Olav Skille's introduction of VAT in 1982, Anthony Wigram's PHD thesis on the effects of VAT, many research papers followed and continue to proliferate on the websites of respected institutions such as NIH (National Institute of Health) Library of Medicine, Oxford Academic, major hospitals and treatment centers worldwide.

Study range is broad: pain management, antispasmodic, muscle massage, anxiety, depression, COPD, asthma, circulation, Parkinson's symptom reduction, neurite regrowth in Alzheimer's subjects, sleep & digestive quality and use in trauma & addiction recovery. Physiological and emotional benefits can be experienced by almost anyone using VAT.

Anecdotal evidence is increasing as knowledge, training and quality devices become more available and more people are experiencing results first hand with practitioners and often in their own homes.

**Methods:** subject kept daily journal and medication record, VAT treatments were on a 6 transducer vibroacoustic mat and a 2 transducer 19x19 pillow (each transducer capable of a 20-80hz frequency range). Frequencies selected based on Olav Skille research, using the Multi VAT treatments consistently the recommended length of 23mins.

## Observation and Treatment Timeline:

**Day 1** - Slip on ice resulting in injury to left fibula. Immediate application of ice, 136.1 tuning fork applied to sternum for grounding, limb elevation, 30 minute session in chair with vibroacoustic cushion on Stress Relief setting.

Not able to bear weight at all.

23 minute on VAT mat 40hz, simultaneous application 23 mins with 19 x 19 VAT pillow 80hz. VAT and ice alternated for remainder of day, ibuprofen 400mg once during day, once at night prior to resting. Reasonable sleep quality with additional 80hz session through pillow under feet.

**Day 2** - Similar to day 1, with additional VAT sessions as required to manage stress. Ibuprofen 400mg 2x

**Day 3** - Xrays show spiral fracture of left fibula and possible chip fracture. Doctor advised immediate surgery. 19x19 pillow used multiple times during 8hr emergency ward experience as needed to manage pain & stress. Ibuprofen 400mg 2x to manage swelling ***\*comfortably declined doctors offer of pain meds at hospital and for going home.***

**Days 4 to 6** - Waiting for surgery time at home with continued ice, elevation and VAT 3 to 4 23 minute sessions per day as above. Addition of daily sound meditation using perfect 5th tuning forks and Cymatics frequencies for healthy bone, nerves, tendon, ligaments added via headphones on ankle and knee joints.

Minimal pain, manageable swelling, reasonable to good sleep quality and digestion. Ibuprofen 400 mg once or twice per day mostly to manage swelling.

**Day 7** - Surgery in afternoon, overnight in hospital. ***\*subject had 7 screws and a steel plate affixed to fibula during this procedure.*** Followed doctor recommended pain medication (Tylenol 600mg w/codeine -T3, Ibuprofen 400mg) schedule every 4hrs until resuming VAT in a few days.

**Days 8 to 10** - Continued Perfect 5th meditation and Cymatics as above twice daily. Sleep and digestion are consistent. ***MEDS average 2100mg per 24hr period.***

**Day 11 (4 days after surgery)** Early morning meds cut in half due to narcotic effects. Was alternating T3 for pain management, Ibuprofen for swelling. Re-started VAT in morning on 30% volume, 40hz 23 mins twice, plus 80hz as above. **MEDS REDUCED to 1300mg for this 24hr period or 62%** Continued Perfect 5th meditation and Cymatics, sleep and digestion consistent. Addition of in room nature sounds, birds.

**Day 12 - (5 days after surgery)** Ibuprofen only at night for swelling and general body aches from using crutches. Continued Perfect 5th meditation and Cymatics, sleep and digestion consistent. Addition of in room nature sounds, birds and use of 136.1 hz tuning fork along leg and foot muscles to encourage additional circulation. **MEDS REDUCED to 800mg for this 24hr period or 76%**

**Days 13 and 14** - Continued as above, **MEDS REDUCED to average 400mg or less per 24hr period or 81% or greater as some days none were required. This trend continued.**

**Results:** Remarkable reduction in pain reception in turn reducing need for pharmaceutical medications (as above), increased circulation & oxygenation of all body tissues resulting in more effective healing of traumatized tissues. Digestion processes regulated despite lack of movement during long recovery weeks. Sleep consistently good throughout is likely attributed to a balanced nervous system supported with VAT.

**Conclusion:** It is clear that from the time of injury VAT played a significant role in keeping the nervous system in a parasympathetic state, allowing the body to begin repairs immediately. This was an excellent opportunity to gauge the direct effects of VAT and the cascading benefits to the human body during an acute trauma phase and recovery from surgery. Results exceeded expectations and showed clearly the ability of VAT to gently harmonize body systems to support healing and overall well being. \*subject began using vibroacoustic therapy immediately following injury (within 30 minutes)

## References:

- 1) Olav Skille was the founder of Multivib, and the one who defined VibroAcoustic Therapy

<https://multivib.com/en/olav-skille-2/>

- 2) Olav Skille journal article for American Association of Music Therapy 1989

<https://academic.oup.com/musictherapy/article/8/1/61/2756994?login=false>

- 3) Anthony Wigram thesis for PHD of Philosophy

<http://vibroacoustic.org/FrequencyInfo/Research%20Articles/Wigram.Vat.Thesis.pdf>

- 4) Vibroacoustic sound therapy improves pain management and more

<https://pubmed.ncbi.nlm.nih.gov/15222599/>

- 5) Exploring vibroacoustic therapy in adults experiencing pain: a scoping review

[https://www.researchgate.net/publication/359756827\\_Exploring\\_vibroacoustic\\_therapy\\_in\\_adults\\_experiencing\\_pain\\_a\\_scoping\\_review](https://www.researchgate.net/publication/359756827_Exploring_vibroacoustic_therapy_in_adults_experiencing_pain_a_scoping_review)

- 6) The effect of low-frequency sound stimulation on subjects with fibromyalgia: A clinical study

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4325896/>

- 7) Influence of Vibroacoustic Therapy on Local Status and Rehabilitation of Post-TKR and Post-THR subjects

<https://pubmed.ncbi.nlm.nih.gov/33958495/>

- 8) Collection of 13 research papers on Vibroacoustic Therapies

[https://soundhealingcenter.com/shrf/research\\_paper%20%20Research%20Paper/vibroacoustic-therapies/](https://soundhealingcenter.com/shrf/research_paper%20%20Research%20Paper/vibroacoustic-therapies/)

- 9) Music as medicine article American Psychological Association

<https://www.apa.org/monitor/2013/11/music>

- 10) Wikipedia - elementary notes here but additional resources listed

[https://en.wikipedia.org/wiki/Vibroacoustic\\_therapy](https://en.wikipedia.org/wiki/Vibroacoustic_therapy)

- 11) Collection of 15 research articles on vibroacoustic therapies

<https://www.vibro-therapy.com/research>

12) Good vibrations: using sound to treat disease. University of Toronto article

<https://www.utoronto.ca/news/good-vibrations-using-sound-treat-disease>


13) The effect of low-frequency sound stimulation on patients with fibromyalgia: A clinical study

<https://tspace.library.utoronto.ca/handle/1807/72411>

14) Vibroacoustic Research

<https://www.soundoasis.com/vibroacoustic-research/>

15) Lee Bartel TED talk

 Music Medicine: Sound At A Cellular Level | Dr. Lee Bartel | TEDxCollingwood

Narissa Young is a musician and certified sound and vibroacoustic therapy practitioner in British Columbia, Canada. This self directed study was her personal experience and has been related as accurately as possible with solitary intention to share her experience and information with anyone who may benefit.

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