

Mayo Clinic Medical Edge

Vibration Therapy

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC MEDICAL EDGE.
Diane Schneider, Ph.D.	"I WILL BE PRAYING FOR YOU WHILE I'M PLAYING."
	IN THE INTIMATE SETTING OF A HOSPITAL ROOM, VIBRATION MEDICINE SPECIALIST DR. DIANE SCHNEIDER PLAYS THE HARP FOR A YOUNG MOTHER WHO'S FIGHTING LUKEMIA.
Diane Schneider, Ph.D.	"WE KNOW THAT VIBRATIONS HELP PATIENTS RELAX."
	DR. SCHNEIDER PLAYS FOR PATIENTS DEALING WITH END OF LIFE ISSUES AT MAYO CLINIC. HER RESEARCH SHOWS THAT VIBRATIONS FROM A HARP MAY

	<p>LOWER BLOOD PRESSURE, HEART RATE AND RESPIRATION.</p> <p>VIBRATION THERAPY MAY ALSO HELP TO EASE PAIN BY RELEASING MUSCLE TENSION, WHICH CAN BRING ON A SENSE OF CALM AND RELAXATION.</p>
Dr. Schneider	<p>“IF WE CAN ADDRESS THE ANXIETY, THE DEPRESSION, THE FEAR, IF WE’RE ABLE TO ADDRESS THOSE SYMPTOMS, THEN OFTEN THE PAIN TAKES CARE OF ITSELF. IT’S NOT A MAGIC BULLET. IT’S NOT A TAKE TWO MOZARTS AND CALL ME IN THE MORNING TYPE OF THING.”</p>
	<p>BUT IT MAY OFFER A SENSE OF PEACE TO PEOPLE AT A VERY DIFFICULT TIME.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.</p>
