

Vitberg



Vitberg Recovery System 2

You have the right to stay **healthy**



Be healthy. Be yourself.

Each of us struggles with different health problems. Some people need back pain therapy, others are looking for a solution to metabolic or pulmonary problems. Many of us need rehabilitation of our legs, including knees or hips. Every day, sufferers wonder how to eliminate swelling in the limbs or how to perform lymphatic drainage at home.

Those seeking help go to Vitberg facilities and physiotherapists using Vitberg equipment across the country. They share their problems, dilemmas and health needs. We gathered this knowledge, divided it into specialized needs and created Vitberg Recovery System 2 (Vitberg RS2).

Vitberg RS2 is a safe, effective and innovative system for treatment, therapeutic, sports and cosmetic vibrotherapy. It is the sum of more than twenty years of our experience in producing vibration therapy equipment and the result of cooperation with the Academy of Physical Education in Cracow and the Krakow Academy of A.F. Modrzewski.

Vitberg RS2 is a professional set consisting of an active therapy module and two Wedges. The set can be expanded with RS2 series expansion modules. It is the world's first Class IIa certified active medical device that combines general vibrotherapy with local vibrotherapy. Unique technology: The Directed Therapeutic Oscillations System (DTOS) allows to apply a specially developed vibratory stimulus in a previously unknown way.

You will be amazed at what the Vitberg RS2 can do for you.



TÜV Rheinland Poland
Certified Vibration
Therapy Devices
SX 1497948-1



Vitberg Recovery System
is classified as a Class IIa
medical device; according
to Rule 9



Symbolizes the compliance
of the product with directives
and standards related
to Medical Devices



Confirmed safety
of electromagnetic
compatibility

Contents

- Be healthy. Be yourself..... 2
- The uniqueness of the Vitberg RS2 system 4
- RS2 Base Device 6
- Effectiveness is in the details 8
- Cardio program 10
- Neuro program 12
- Oxy program 14
- RS2 expansion modules..... 16
- RS2 Legs Module..... 18
- RS2 Knees Module 20
- RS2 Stomach Module..... 22
- RS2 Hands Module..... 24
- RS2 Back Module 26
- Explore our company 31
- Certificates..... 32
- Why should you trust us? 33
- Vibrotherapy and science..... 34

The uniqueness of the Vitberg RS2 system

Modularity is a big plus

Vitberg RS2 is a friendly combination of versatility and precise performance in one safe rehabilitation and massage device. The technology used in this device represents many years of work carried out by our engineers, vibrotherapy research and medical experiments.

But you don't need to have that expertise. All you have to do is connect the modules together and you can start therapy. It's never been this simple.

Vitberg RS2 – human friendly

Patients spend an average of 5 hours a week with Vitberg RS2. That's a lot of time, which is why we focused on making the treatments using our device comfortable and effective, just as much for people who are both 130 cm and 190 cm tall.

The modular design of the Vitberg RS2 allows treatments to be performed in a variety of positions, from sitting to lying down, and its light weight even encourages you to carry it with you wherever you need to go.

We named the expansion modules so that no one would have any doubts about what they are for and which areas of the body to use them at.

Different people, different needs

Vitberg RS2 is designed to effectively and comfortably help patients with a variety of health problems, regardless of height or weight.

Vitberg RS2

- 1 RS2 Base Device
Active medical device class IIa
- 2 RS2 Positioning Wedge 1
Inactive medical device class I
- 3 RS2 Positioning Wedge 2
Inactive medical device class I



Expansion Modules

- 4 RS2 Hands Module
Active medical device class I
- 5 RS2 Legs Module
Active medical device class I
- 6 RS2 Back Module
Active medical device class I
- 7 RS2 Stomach Module
Active medical device class I
- 8 RS2 Knees Module
Active medical device class I

RS2 Base Device

The RS2 Base Device and RS2 Positioning Wedges are designed for the independent rehabilitation and prevention of key symptomatic areas that occur in the course of diseases such as: Covid-19, asthma, cystic fibrosis, memory problems, circulatory problems, low back pain, etc. These areas are covered in three therapy programs, targeting disorders of the respiratory (Oxy), nervous (Neuro) and circulatory (Cardio) systems.



RS2 Base Device



RS2 Positioning Wedge 1



RS2 Positioning Wedge 2

In the base set you will find:

- RS2 Base Device
- RS2 Positioning Wedge 1
- RS2 Positioning Wedge 2
- Vitberg Connector
- Vitberg Power Adapter
- Guarantee Card
- Detailed instructions



Vibrotherapy increases respiratory capacity, has an analgesic effect, strengthens the muscular system, has a positive effect on neurocognitive function and improves cardiovascular capacity.

Find out more at:
WWW.VIBROTHERAPY.PRO

The most important component of the entire system is the RS2 Base Device and a set of two RS2 Positioning Wedges. Anatomically refined, they are used to assume a comfortable position during treatment in one of three treatment programs: **Cardio, Neuro, Oxy**.

Cardio program

Designed to support the body with cardiovascular disorders, including deterioration of vascular endothelial function, risk of coronary heart disease, myocardial infarction and other thromboembolic complications.

Neuro program

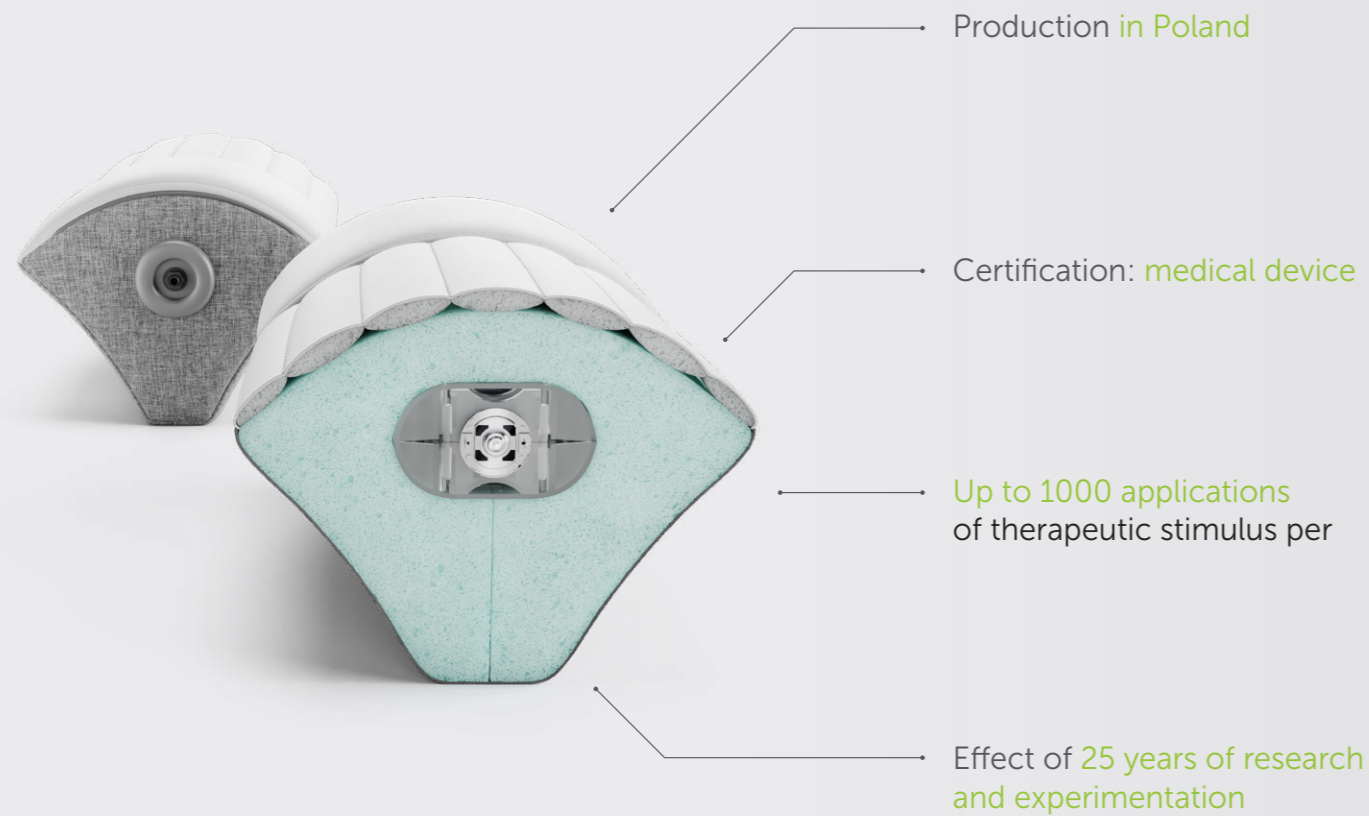
Targeted for ailments related to pain, stress, reduced mood, concentration and cognitive abilities. It promotes recovery and calms the body.

Oxy program

It helps with breathing, aids in the removal of lung secretions and improves blood oxygen saturation. Often used in chronic obstructive pulmonary disease, asthma, cystic fibrosis and other musculoskeletal disorders.

Effectiveness is in the details

The Vitberg RS2 owes its effectiveness to its anatomically-adapted design, oscillatory-cycloidal vibration, a combination of general vibrotherapy and locally applied vibrotherapy, as well as thousands of hours spent researching and developing therapeutic functions.



Comfortable position

A comfortable position is the foundation of effective vibrotherapy. During the session, nothing can bother you. It is supposed to be comfortable. That's why we designed two RS2 Positioning Wedges specifically for Vitberg RS2, so you can easily assume a comfortable position and forget you've just been in therapy. In the RS2 version you will find an additional Wedge 3 and RS2 Armrests, which will make adopting a comfortable position even easier.

Easy to use

It will take you three seconds to connect active expansion modules to the RS2 Base Device. We named the expansion modules so that no one would have any doubts about what they are for and which areas of the body to use them at.



Expandability

Each additional module means new possibilities for Vitberg RS2. By combining the RS2 Base Device with, for example, the RS2 Legs Module, you will get one of the most effective lymphatic drains that can be performed at home. And this is just the beginning of the possibilities.

Durable and reliable

Vitberg RS2 is a tough customer. It is not intimidated by either featherweight or heavyweight and therefore 160 kg of its owner will not impress it. It will bear it bravely.



Cardio program

The low-intensity vibrotherapy used in the device, was designed to increase arterial blood flow, improve systemic endothelial function and reduce arterial stiffness. Arterial stiffness increases with both age and medical conditions associated with cardiovascular risk, including: hypertension, diabetes, cholesterolemia and kidney failure. Vibration with specially designed frequencies supports the entire cardiovascular system and improves heart rate indicators, which can reduce the risk of cardiac ailments.

Indications

- deterioration of exercise tolerance,
- unusual chest pains,
- a feeling of rapid heartbeat,
- deterioration of cardiovascular performance,
- conducting extensive convalescence,
- psychotherapy treatments,
- exhaustion, overwork,
- hemorrhoidal disease,
- cellulite,
- improved skin tone and firmness.

Therapeutic goal

- improving vascular endothelial function,
- preventing the development of atherosclerotic lesions and thromboembolic complications that can lead to coronary artery disease or myocardial infarction,
- recovery from intense physical exertion.

” After just 5 sessions of vibrotherapy, vascular function (RH-PAT) of patients with stabilized cardiovascular disease improved by 50%.

Vitberg RS2

- 1 **RS2 Base Device**
Active medical device class IIa
- 2 **RS2 Positioning Wedge 1**
Inactive medical device class I
- 3 **RS2 Positioning Wedge 2**
Inactive medical device class I

 treatment duration: approx. **30 min.**



Correct Cardio position.
RS2 Base Device with RS2 Wedges 1 and 2.



Neuro program



It has analgesic effects, strengthens the muscular system, protects against the effects of immobilization and reduces complaints of decreased concentration and neurocognitive disorders. The device generates a vibratory stimulus responsible for muscle activation and analgesic effects. According to appropriately adjusted parameters and application site, it co-activates multiple cutaneous mechanoreceptors. The Neuro program generates a vibratory stimulus that stretches muscles and selectively stimulates the primary endings of muscle spindles, causing them to start up.

” Just five cycles of vibrotherapy, improved patients’ cognitive functions by about 20%. The respondents’ mood also improved markedly.

Indications

- pain complaints in the lumbar spine (including discopathies) and the joint and muscle system (including hips and thighs),
- imbalances,
- improvement after hip replacement surgery,
- limited mobility in the pelvic region,
- slowing of cognitive processes, thinking difficulties, memory and concentration problems,
- sleep disorders, nervousness, feelings of anxiety, aggression, stress, malaise, professional burnout,
- irritable bowel syndrome,
- stress urinary incontinence.

Therapeutic goal

- relieving pain in the spinal region and increasing ranges of motion by improving tissue elasticity and reducing contractures,
- activation and strengthening of the musculo-skeletal system,
- improving muscle function and joint function of the hip girdle,
- strengthening the pelvic floor muscles, especially in people with stress urinary incontinence,
- improving the condition of the entire body,
- increasing muscle strength in people who cannot perform traditional exercises,
- providing somatic and psychological protection from the effects of immobilization,
- reduce complaints of cognitive slowdown and difficulties with thinking and concentration,
- improved quality of sleep and mood (relief of depressive symptoms, feelings of anxiety),
- relaxation massage.

Vitberg RS2

- 1 **RS2 Base Device**
Active medical device class IIa
- 2 **RS2 Positioning Wedge 1**
Inactive medical device class I
- 3 **RS2 Positioning Wedge 2**
Inactive medical device class I

treatment duration:
approx. **30 min.**



Correct Neuro position.
RS2 Base Device with RS2 Wedges 1 and 2

Neuro program



Oxy program



It improves the efficiency of the respiratory system and its systemic effects can significantly reduce perceived fatigue. Respiratory rehabilitation primarily means early physical activation of the patient. Vibrotherapy treatments, using the abdominal position, have the effect of increasing end-expiratory lung volume, increasing the elasticity of the chest wall and improving tidal volume overall. By combining vibration therapy with positioning therapy, it is possible to prevent adhesions and deformities in the respiratory system, increase the strength of respiratory muscles, restore the function of proper breathing, and thus ensure an improved quality of life.

Indications

- fatigue,
- dyspnoea,
- hoarseness,
- respiratory wheezes,
- breathlessness,
- a feeling of heaviness in the chest,
- support for the treatment of chronic obstructive pulmonary disease, asthma, cystic fibrosis and other disorders of the respiratory system (supports the removal of lung secretions, improves blood saturation – oxygen saturation of the blood).

Therapeutic goal

- increasing the efficiency of the respiratory system - respiratory physiotherapy (for such conditions as, among others, COVID-19, cystic fibrosis or chronic obstructive pulmonary disease),
- release of mechanisms for proper ventilation,
- reducing the sensation of fatigue,
- reduction in dyspnoea,
- relieving hoarseness, respiratory wheezes, shortness of breath or a feeling of heaviness in the chest.

” After just 3 treatments, the blood oxygenation index (paO2/FiO2) increased by 12.4%.

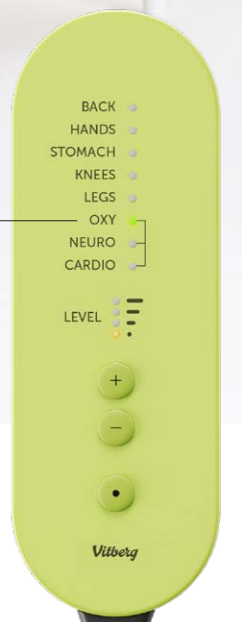
Vitberg RS2

- 1 **RS2 Base Device**
Active medical device class IIa
- 2 **RS2 Positioning Wedge 1**
Inactive medical device class I
- 3 **RS2 Positioning Wedge 2**
Inactive medical device class I

treatment duration:
approx. **30 min.**



Oxy program

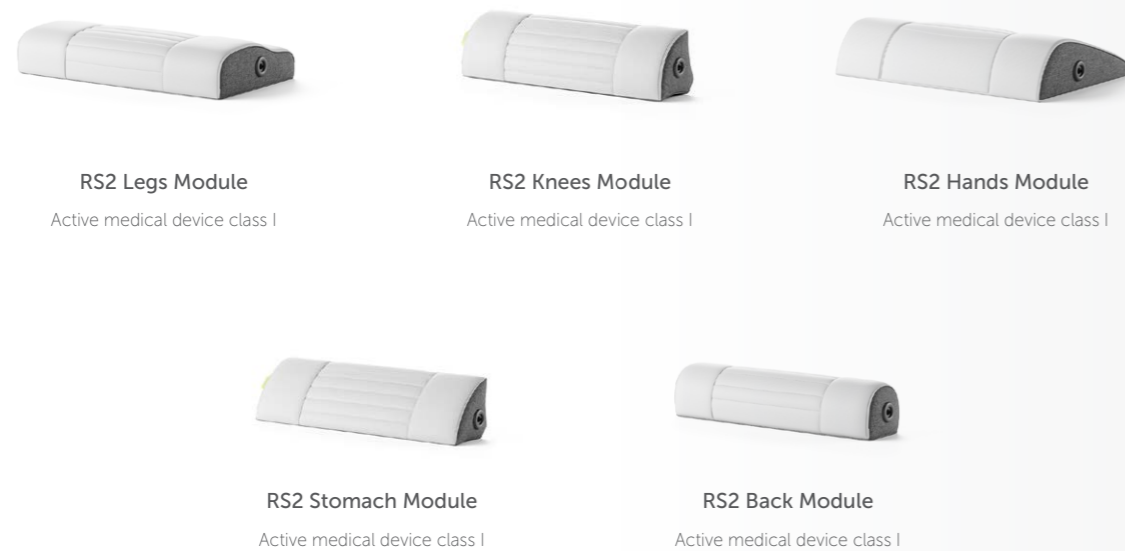


Correct Oxy position.
RS2 Base Device with RS2 Wedges 1 and 2

RS2 expansion modules

Vitberg RS2 is expandable with additional RS2 series active modules: **RS2 Legs Module**, **RS2 Knees Module**, **RS2 Hands Module**, **RS2 Stomach Module** and **RS2 Back Module**.

The use of active modules expands the therapeutic area and increases its functionality. The Vitberg RS2's combination of general action vibrotherapy and local action vibrotherapy is a proprietary and unique solution with unprecedented therapeutic efficacy.



The combination of the selected active module with the RS2 Base Device modifies the operation of the system in the context of the parameters of the treatment program and requires proper anatomical positioning of the patient.

The combination of the **RS2 Legs Module** with the RS2 Base Device is one of the most effective lymphatic drainage devices on the market.

The combination of the **RS2 Knees Module** with the RS2 Base Device has created a device unique in the world for massage of the knee pits and knees.

Combining the **RS2 Stomach Module** with the RS2 Base Device creates an advanced medical device for the treatment of metabolic disorders in: diabetes, constipation, obesity, etc.

The combination of the **RS2 Hands Module** with the RS2 Base Device is an effective new solution for therapy of the hands, wrists, forearms, elbows and shoulders.

The combination of the **RS2 Back Module** with the RS2 Base Device is the most mobile medical device for back therapy for: sciatica, lumbago, radiculitis, etc.



Vitberg RS2 in the Back position. Professional-use version.

RS2 Legs Module

RS2 Legs Module – physiotherapist in your home and 100% modern lymphatic drainage method

It took us three years to study the effects of vibration on improving circulation. Our engineers, technicians and therapists have conducted 476 medical experiments, analysed more than 3,000 surveys and nearly 40 scientific publications. The result of our work is the most effective and safest lymphatic drainage method you can use in your home. Combine the RS2 Legs Module with the RS2 Base Device, assume a comfortable position and see what modern medical vibrotherapy can do for your legs.

Lymphatic drainage with the RS2 Legs Module begins by unblocking the inguinal nodes, followed by the fine lymphatic nodes and vessels. We made sure that the direction in which the drainage is performed does not back up the lymph in the vessels, but mechanically pushes it toward the mouth of the lymphatic duct. The drainage with the RS2 Legs Module is very gentle, thus very pleasant. Performed at home, it allows you to relax and even take a nap.

The effect of increasing the temperature within the feet helps with the problem of cold feet and with problems of impaired sensation. The 4th level of massage intensity is also an effective regeneration of legs after intensive sports training.

Indications

- circulatory insufficiency,
- ulcers, diabetic wounds,
- swelling, heaviness, calf cramps,
- varicose veins and spider veins (telangiectasia),
- muscle pain and neuralgia in the leg area,
- spasticity, contractures and paresis (cerebral palsy, stroke, ataxia),
- problems with impaired sensation,
- cold feet,
- multiple sclerosis,
- osteoporosis,
- post-traumatic rehabilitation,
- sports massage.

Therapeutic goal

- relief of recurrent muscle pain and neuralgia occurring in the leg area,
- improving blood circulation in the lower limb section,
- reducing the symptoms of varicose veins,
- reduction of skin spider veins,
- elimination of leg heaviness and swelling,
- easing calf cramps.

Vitberg RS2 + RS2 Legs Module

- 1 **RS2 Base Device**
Active medical device class IIa
- 3 **RS2 Positioning Wedge 2**
Inactive medical device class I
- 5 **RS2 Legs Module**
Active medical device class I

treatment duration: approx. **30 min.**



Legs program



The Legs program activates automatically when the RS2 Legs Module is connected to the RS2 Base Device.

RS2 Knees Module

RS2 Knees Module – effective knee physical therapy and sports training support

The RS2 Knees Module is the world's only therapeutic module created for vibrotherapy of the popliteal fossa and whole legs at the same time.

The RS2 Knees Module helps shorten the recovery time after a knee injury and supports lower limb rehabilitation. The program activates the neuromuscular reflex loop, producing enough cycles of muscle contraction and rest to ensure that vascular supply is restored to the injury site.

The vibration used in the RS2 Knees Module, which ranges from 5 to 50 Hz, significantly activates neuromuscular spindles in the knee area, lowers the pain sensory threshold and is responsible for reducing inflammation by promoting the migration of immune system cells to the site of tissue damage.

We developed the Knees Program on the basis of 38 scientific publications, more than 300 experiments performed by the Vitberg Research and Development Department, proprietary research and analysis of nearly 10,000 surveys conducted at Vitberg Clinics nationwide.

Indications

- motor dysfunction,
- degenerative diseases of the knee joint (e.g., gonarthrosis, arthrosis),
- internal damage to the joint,
- contractures, stiffness,
- general rehabilitation of knees and Achilles tendons (analgesic effect, relaxing, reducing stiffness, increasing mobility and tissue regeneration),
- impaired postural and locomotor functions,
- instability of the knee joint,
- iliac-tibial band syndrome,
- ligament rupture,
- painful complaints within the joint,
- muscle pains and neuralgia,
- multiple sclerosis,
- post-traumatic rehabilitation, post-traumatic recovery,
- cellulite,
- sports massage, sports training,
- regenerative massage.

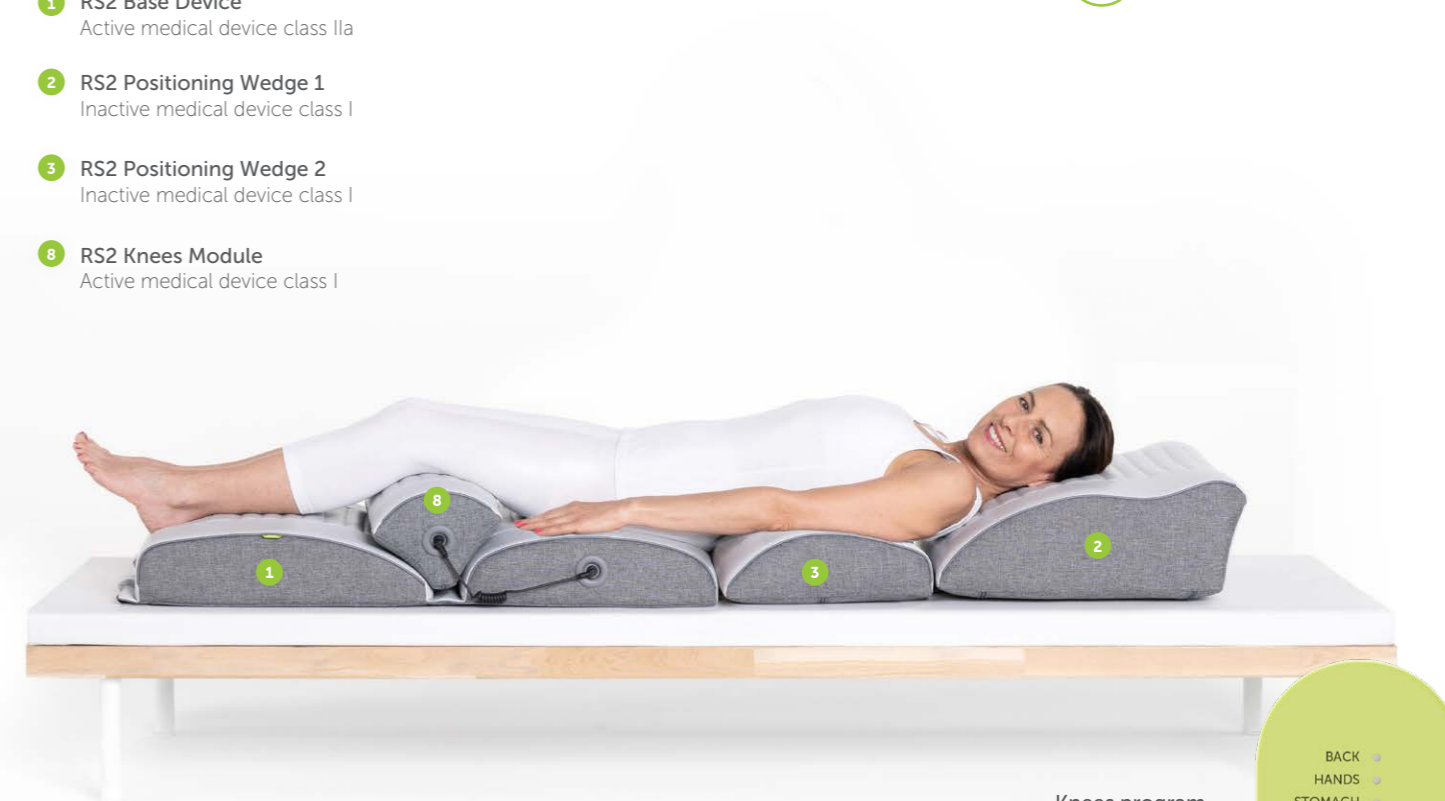
Therapeutic goal

- analgesic effect,
- improving impaired mobility of the knee joint,
- improving microcirculation,
- accelerating the process of tissue regeneration,
- alleviating muscle atrophy caused by immobility,
- increasing tissue nutrition and reducing their susceptibility to infection.

Vitberg RS2 + RS2 Knees Module

- 1 **RS2 Base Device**
Active medical device class IIa
- 2 **RS2 Positioning Wedge 1**
Inactive medical device class I
- 3 **RS2 Positioning Wedge 2**
Inactive medical device class I
- 8 **RS2 Knees Module**
Active medical device class I

treatment duration: approx. **30 min.**



Knees program



The Knees program activates automatically when the RS2 Knees Module is connected to the RS2 Base Device.

RS2 Stomach Module

RS2 Stomach Module – we will accelerate the regenerative processes for you, strengthen natural physical functions and stimulate metabolism

Metabolism is a process that takes place in every cell of your body, where the energy reactions necessary to keep them in good condition are constantly taking place. And we have learned to support this process mechanically.

The RS2 Stomach Module is our answer to the increasingly common metabolic problems.

First, during our work on the Vitberg RS2, we noticed a close relationship between vibration-induced changes in blood flow and changes in fat mass. Secondly, the RS2 Stomach Module, in combination with the RS2 Base Device, generates a tonic vibratory reflex of the abdominal layers, which improves the insulin sensitivity of people with type II diabetes. Third, abdominal treatments regulate and facilitate bowel movements. Fourth... this is a very pleasant procedure, see for yourself!

RS2 Stomach Module perfectly prepares the skin for the application of skin care products, such as ointments, lotions, creams, serums.

Indications

- functional constipation,
- chronic bowel problems,
- overweight and obesity,
- problems with intestinal peristalsis,
- pre-diabetic states and diabetes,
- pain and mobility limitations in the trunk,
- sexual dysfunction,
- stress urinary incontinence,
- cellulite,
- post-traumatic rehabilitation,
- sports massage.

Therapeutic goal

- improving metabolism,
- improving the work of the circulatory and lymphatic systems,
- improving quality of life in patients with chronic, functional constipation,
- weight reduction for obesity and overweight,
- improving abdominal muscle function,
- improving the work of the digestive system,
- improve skin firmness and elasticity,
- enhancing the effects of care,
- supporting the fight against, for example, the so-called orange peel (cellulite, lipodystrophy),
- beneficial effect on glucose control especially in people with type II diabetes

Vitberg RS2 + RS2 Stomach Module

treatment duration: approx. **30 min.**

- 1 RS2 Base Device**
Active medical device class IIa
- 2 RS2 Positioning Wedge 1**
Inactive medical device class I
- 3 RS2 Positioning Wedge 2**
Inactive medical device class I
- 7 RS2 Stomach Module**
Active medical device class I



Stomach program



The Stomach program activates automatically when the RS2 Stomach Module is connected to the RS2 Base Device.

RS2 Hands Module

RS2 Hands Module – provides comprehensive rehabilitation and prevention of upper limbs

The RS2 Hands Module is designed for comprehensive rehabilitation of the hands, wrists, forearms and elbows. The therapy is non-invasive and requires no effort on the part of the user. Connecting the RS2 Hands Module to the RS2 Base Device will allow you to carry out specialized medical vibrotherapy treatment, in the upper extremities, based on the latest medical knowledge of hand rehabilitation.

Appropriately designed vibration stimuli, provide stimulation of the skin, muscles, blood vessels and tendons. The therapy was aimed at activation of cutaneous mechanoreceptors, activation of the tonic vibratory reflex of muscle microvessels, anti-oedema effects and stimulation of the endothelial surface of blood vessels, resulting in improved circulation in the hands.

Due to the special neurophysiology and structure of our hands, the Hands program uses a unique START-STOP type system. This results in numerous micro breaks in stimulus delivery and 1 longer accommodative break. This results in effective and safe therapy for a wide range of conditions and clinical symptoms. Vibrotherapy causes increased mechanoreceptor activity, which within the hands undergoes rapid adaptation, which is prevented by the START-STOP system.

Indications

- circulatory insufficiency,
- numbness or tingling in the hands,
- feeling of cold hands,
- muscle pains and neuralgia in the hand and arm area,
- spasticity, contractures and paresis (cerebral palsy, stroke, ataxia),
- Parkinson's disease,
- arthrosis, joint degeneration,
- rheumatoid arthritis,
- multiple sclerosis,
- osteoporosis, osteopenia,
- post-traumatic rehabilitation,
- swelling, sports massage.

Therapeutic goal


- functional improvement of the upper limb limbs (hand and arm dexterity),
- increasing muscle strength in the hands and forearms,
- improving the mobility of elbow, wrist and finger joints,
- reducing muscle tension,
- antispastic effect,
- improving circulation, raising the temperature of the hands,
- anti-oedema effect,
- restoring fitness after surgeries,
- relieving pain resulting from degeneration, aging or post-traumatic processes,
- sports training.

Vitberg RS2 + RS2 Hands Module

- 1 RS2 Base Device
Active medical device class IIa
- 4 RS2 Hands Module
Active medical device class I

treatment duration:
approx. **30 min.**



 **The Hands program** activates automatically when the RS2 Hands Module is connected to the RS2 Base Device.

RS2 Back Module

RS2 Back Module – active neurorehabilitation of the back and improvement of peripheral circulation

The position adopted during therapy with the RS2 Back Module, after medical consultation, can be used as a therapeutic positioning after surgeries, cranial/brain injuries, fractures of the spine and pelvic bones, and spinal decompression. As a therapeutic positioning, it provides beneficial support for the neck and head.

The RS2 Back Module is designed for neurorehabilitation of the back, with special attention to the shoulder girdle, neck, and to improve blood circulation in these areas.

Vitberg RS2 vibrotherapy is probably the most powerful stimulation, activating sensory spindles. Improves range of motion by: lowering muscle tension, reducing muscle swelling and subcutaneous swelling caused by unnatural or permanent muscle tension. Vibrotherapy with the RS2 Back Module is responsible for the relaxation of smooth muscles in the walls of blood vessels, widening the lumen of vessels and decreasing blood pressure. Vitberg RS2 oscillatory-cycloidal vibrotherapy produces cyclic stresses on the endothelial surface of the artery, which releases beneficial mediators such as nitric oxide (NO). That's why Vitberg RS2 vibrotherapy can prove to be a valuable alternative to exercise for people lying down after a stroke, heart attack or injury, for example.

Indications

- pressure problems,
- conditions related to blood flow in the carotid arteries,
- prevention in ischemic brain disease,
- limitations of mobility in the neck and shoulder girdle,
- spinal pain in the cervical and thoracic regions,
- neck numbness, headaches, migraines,
- tinnitus, occupational dysphonia,
- apnoea,
- post-stroke rehabilitation,
- discopathy prevention,
- spinal instability,
- sciatica,
- root and pseudo-root pain,
- post-traumatic rehabilitation,
- sports massage.

Therapeutic goal

- pain-relieving therapy for the spine, particularly the upper spine,
- increasing the range of mobility of the neck and head,
- reducing tension in the shoulder girdle,
- improving blood flow in the carotid arteries,
- reducing the effects of movement deficits in the shoulder girdle, neck and head.

Vitberg RS2 + RS2 Back Module

- 1 **RS2 Base Device**
Active medical device class IIa
- 2 **RS2 Positioning Wedge 1**
Inactive medical device class I
- 3 **RS2 Positioning Wedge 2**
Inactive medical device class I
- 6 **RS2 Back Module**
Active medical device class I

treatment duration: approx. **30 min.**



The Back program activates automatically when the RS2 Back Module is connected to the RS2 Base Device.

Vitberg Recovery System 2



RS2 Base Device	Length	960 mm	± 10 mm
	Width	500 mm	± 10 mm
	Height	120 mm	± 5 mm
	Weight	3 kg	± 0.1 kg



RS2 Positioning Wedge 1	Length	490 mm	± 10 mm
	Width	500 mm	± 10 mm
	Height	190 mm	± 5 mm
	Weight	1.6 kg	± 0.05kg



RS2 Positioning Wedge 2	Length	370 mm	± 10 mm
	Width	500 mm	± 10 mm
	Height	120 mm	± 5 mm
	Weight	0.8 kg	± 0.05 g



RS2 expansion modules



RS2 Legs Module	Length	340 mm	± 10 mm
	Width	500 mm	± 10 mm
	Height	110 mm	± 5 mm
	Weight	1.1 kg	± 0.05 kg



RS2 Knees Module	Length	210 mm	± 10 mm
	Width	500 mm	± 10 mm
	Height	155 mm	± 5 mm
	Weight	0.8 kg	± 0.05 kg



RS2 Stomach Module	Length	200 mm	± 10 mm
	Width	500 mm	± 10 mm
	Height	110 mm	± 5 mm
	Weight	0.7 kg	± 0.05 kg



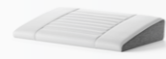
RS2 Hands Module	Length	410 mm	± 10 mm
	Width	500 mm	± 10 mm
	Height	130 mm	± 5 mm
	Weight	1.2 kg	± 0.05 kg



RS2 Back Module	Length	140 mm	± 10 mm
	Width	500 mm	± 10 mm
	Height	130 mm	± 5 mm
	Weight	0.7 kg	± 0.05 kg



Accessories



RS2 Positioning Wedge 3	Length	370 mm	± 10 mm
	Width	500 mm	± 10 mm
	Height	100 mm	± 5 mm
	Weight	0.6 kg	± 0.05 g



RS2 Positioning Wedge 3 with enhanced hardness, resistant to deformation. It makes it easier to adopt the right position during vibrotherapy. Recommended for bedridden patients with limited mobility and chronically ill. It improves the comfort of treatments.



RS2 Armrests	Length	405 mm	± 10 mm
	Width	125 mm	± 10 mm
	Height	125 mm	± 5 mm
	Weight	0.3 kg	± 0.05 g



RS2 Armrests to support the arms during vibrotherapy treatments. Recommended for the elderly, people with problems with the shoulder girdle and people with a large chest. They improve the comfort of treatments.



Operating conditions of the Vitberg RS2 system:

Noise level: below 75 dB(A)
 Permissible relative humidity: 30-75%
 Vibration frequency: 5-52 Hz/instantaneous up to 120 Hz
 Permissible patient weight: 30-160 kg

Operating temperature of the device: 10-40°C
 Power consumption: 25 W
 Power supply: ~230 V; 50 Hz
 Output: 11.3 ± 5% VDC

Vitberg RS2 is an active medical device for oscillatory-cycloid vibrotherapy. It was designed for physiotherapy, massage, treatment or supporting therapeutic and physiotherapy processes.

Vitberg RS2 may be used in nursing homes, physiotherapy centres, hospitals, sanatoriums, hospices, sports clubs, beauty parlours and also at home.

Vitberg RS2 combines its general activity, based on the WBV – Whole Body Vibration (generalised vibrations) with a local one, using extra expansion modules.

Vitberg RS2 affects the body with a therapeutic mechanical stimulus and can be used where forms of physical therapy based on other types of stimuli, such as electrostimulation, are contraindicated.

Vitberg RS2 is particularly recommended for post-traumatic physiotherapy, locomotor system strengthening, alleviating various complaint symptoms (including pain), metabolism improvement, tissue relaxation and circulatory system stimulation.

Depending on the programme and the expansion module used, it can impact the human body by:

- Changing blood vessel flexibility;
- Improving blood circulation and local improvement of the skin blood supply;
- Facilitating lymph circulation;
- Alleviating pain;
- Increasing tendon and fascia flexibility;
- Improving the range of motion in people with locomotor deficit;
- Increasing the maximum strength and flexibility of muscles;
- Stimulating bone formation processes;
- Reducing contractures;
- Alleviating the symptoms of stress urinary incontinence;
- Improving bowel movements;
- Relaxation of the whole body;
- Facilitating metabolic processes.

Basic technical data:

The RS2 Base Device and expansion modules meet all legal requirements for medical devices as per the classification. The device was registered in the Office for Registration of Medicinal Products, Medical Devices and Biocidal Products in Warsaw.

Indicates the product conformity with Medical Device Directives and standards harmonised with them, as applicable for the said product.

Assessment of the product conformity with the Directive 93/42/EEC was carried out in accordance with the Annex II, excluding section 4, with the participation of the notified body no. 0197: TÜV Rheinland LGA Products GmbH, Tillystraße 2 90431 Nürnberg, Germany.

Contraindications to vibrotherapy:

- Advanced pathological changes of blood vessels (e.g. aneurisms, thrombosis, arteriosclerosis) and conditions following newly treated myocardial infarctions and brain strokes.
 - » It is recommended to use no earlier than 6 months after the event (heart attack/stroke) or consult a doctor, physiotherapist or specialist.
 - After consultation with a doctor, physiotherapist or specialist – a minimum of 4 weeks after the event.
- Massage of the area where pacemakers were implanted.
 - » Does not apply to the Legs, Knees and Cardio, Neuro and Hands programs at intensities 1 and 2.
- Following the procedures of endoprosthesis implantation, implantation, reconstruction and other surgical procedures until the areas are fully healed.
 - » For endoprostheses, implants, reconstructions after achieving osteointegration (minimum 3 months after surgery). For other surgical procedures, it is recommended to use no earlier than 1 week after surgery (proliferation and remodelling phase excluding the inflammatory phase).
- Acute inflammations caused by pathogenic microbes (bacteria, fungi, viruses), including skin inflammation and abscesses.
 - » Applies only to acute inflammatory conditions with fever.
- Unregulated high blood pressure.
 - » Applies to patients with untreated hypertension, with frequent fluctuations in blood pressure without control of medication taken.
- Acute multiple sclerosis relapse.
 - » Until remission (partial or complete resolution of symptoms).
- Epilepsy.
 - » Not applicable to patients with no observed incidents in the past year.
- Diseases entailing dizziness.
 - » In the case of dizziness that lasts more than 1 minute with a change of body position and in the case of dizziness accompanied by nausea, vomiting, sensation of fullness in the ear, hearing disorders. Dizziness can also result from side effects of diuretics, vasodilators, sedatives and antidepressants, antiepileptics, sleeping pills and analgesics.
- Insufficient mental ability.
 - » Constant supervision of a supervisor required.
- Syringomyelia.
- Conditions following bone fracture until the bone has fully recovered.
- Conditions following any broken tendons, ligaments and muscles, until fully recovered.
- Advanced kidney and gall bladder stones.
 - » Do not use for urinary stones larger than 5 mm in diameter.
- Haemorrhagic conditions, haemorrhages.
- Active cancer process.
 - » Safe use of vibrotherapy treatments after mastectomy is possible after a 12-month recovery period.
- Increased temperature/fever.
- Skin lesions/wounds.
 - » Does not apply to the case of healing wounds.
- Pregnancy and childbed.

Explore our company



We are a Polish manufacturer of medical devices. We have specialized in vibration therapy devices for 30 years. They are constructed based on the latest knowledge from scientific research conducted around the world and tests from our own laboratory. The positive effects of Vitberg equipment treatments have been confirmed by more than 1,700,000 of our customers.

Our headquarters cover an area of more than 8,000 m². We employ nearly 90 people. 97% of the components used in production come from Poland or Polish suppliers. Every day 130 vibrotherapy kits leave our factory. We spend PLN 2,000,000 annually on research and development. We are conducting research in cooperation with the National Research and Development Center. Using our instruments, 6 doctoral dissertations have been opened by 2022. We have our own certified Research and Development Department.

Certificates

Vitberg's devices have received medical EC TÜV Rheinland certification for vibration therapy devices.

Certificate

**Quality Management System
EN ISO 13485:2016**

Registration No.: SX 1497948-1

Organization: VITBERG Jacek Sikora
ul. Marcina Borelowskiego 29
33-300 Nowy Sącz
Poland

Scope: Design and development, manufacture, distribution and service of vibrating therapy devices.

The Certification Body of TÜV Rheinland LGA Products GmbH certifies that the organization has established and applies a quality management system for medical devices. Proof has been furnished that the requirements specified in the abovementioned standard are fulfilled. The quality management system is subject to yearly surveillance.

Report No.: 84953133-30
Effective date: 2021-05-20
Expiry date: 2024-05-19
Issue date: 2021-05-20

Jarosław Pyclik
 TÜV Rheinland LGA Products GmbH
 Tillystraße 2 · 90431 Nürnberg · Germany

Deutsche Akkreditierungsstelle
 D-ZM-14169-01-02

1 / 1

EC Certificate

**Full Quality Assurance System
Directive 93/42/EEC on Medical Devices, Annex II excluding (4)**

Registration No.: HD 1497948-1

Manufacturer: VITBERG Jacek Sikora
ul. Marcina Borelowskiego 29
33-300 Nowy Sącz
Poland

Products: - Vibrating therapy devices
Replaces EC Certificate, Registration No.: HD 60118119 0001

The Notified Body hereby declares that the requirements of Annex II, excluding section 4 of the directive 93/42/EEC have been met for the listed products. The above named manufacturer has established and applies a quality assurance system, which is subject to periodic surveillance, defined by Annex II, section 5 of the aforementioned directive. For placing on the market of class III devices covered by this certificate an EC design-examination certificate according to Annex II section 4 is required.

Report No.: 84953132-20
Effective date: 2021-05-24
Expiry date: 2024-05-26
Issue date: 2021-05-24

Jarosław Pyclik
 TÜV Rheinland LGA Products GmbH
 Tillystraße 2 · 90431 Nürnberg · Germany

TÜV Rheinland LGA Products GmbH is a Notified Body according to Directive 93/42/EEC concerning medical devices with the identification number 0197.

Page 1 of 1

Why should you trust us?



Our products are used in Polish sanatoriums and hospitals



We work with city councils, NGOs and associations



We conduct educational and research activities





Vibrotherapy and science



Dariusz Mucha
prof. dr hab.

I believe, based on published and ongoing scientific research, that the next decade will belong to vibrotherapy. It is a great working tool for the physiotherapist as well as a stand-alone method for patients at home.

Specialist in physiotherapy and wellness, university lecturer, author of books on rehabilitation.

Joanna Golec
prof. dr hab.

Vibrotherapy is increasingly used in sports medicine, wellness and in the treatment of traumatic injuries to musculo-skeletal organs. There are also reports of the use of vibrotherapy in psychiatric disorders.

Specialist in physiotherapy, vice president of the Polish Society of Physiotherapy, member of the scientific council of the "Ostry Dyżur" publishing house.

Tomasz Pałka
prof. dr hab.

National and world literature indicates that vibrotherapy has a significant effect on the cardiovascular system, and when combined with drug treatment, can produce very satisfactory therapeutic results.

Physiologist, university lecturer, scientific reviewer, author of more than 100 publications on physiology, sports recovery, vibrotherapy.



”

The 4-week vibrotherapy treatment significantly reduced acute and chronic pain in patients with painful diabetic peripheral neuropathy, with no adverse side effects.

dr
Junggi Hong

"Whole-body vibration therapy in painful diabetic peripheral neuropathy: a pilot study."

”

After 21 days of vibrotherapy treatments with the Vitberg Device, there was a significant decrease in insulin levels in the experimental group. The applied stimulus of 21 vibration treatments appears to be a promising form of improving glycemic control.

dr n. farm.
Anna Piotrowska

"Effect of vibration therapy on fasting glucose, insulin levels and HOMA2 score (an index of insulin resistance) in women with a history of pre-diabetes."

”

The 30-minute vibrotherapy treatments can significantly improve grip muscle strength and relieve muscle tension, thereby reducing limb pain and associated disability/spasticity, greatly improving quality of life after stroke.

prof.
Cosimo Costantino

"Short-term effect of local muscle vibration therapy versus sham therapy on the upper limb in post-stroke patients: a randomized controlled trial."

”

After just 5 treatments of resistance exercise with attached vibrotherapy, improvements in vascular function were achieved in 50% of elderly patients with established cardiovascular disease.

prof.
Akihiro Aoyama

"Immediate effects of vibration training on endothelial function and cardiovascular response in elderly patients with cardiovascular disease."

Vitberg's Research and Development Department, in cooperation with Vitberg Clinics, Universities and countless therapists, has been conducting research on the use of vibration stimulus in treatment and support of healing processes, rehabilitation, cosmetics, sports and dietetics since 2004. We publish much of our research, analysis and conclusions in trade journals and online portals.

Learn more about vibrotherapy research at www.vibrotherapy.pro



Vibrotherapy^{Pro}

Notebook:



Ver: K_VRS2_2/12/2022_EN

Manufacturer:



Vitberg
ul. M. Borelowskiego 29,
33-300 Nowy Sącz, Poland/EU
☎ +48 18 442 33 69
✉ sklep@vitberg.com

Partner:

Vitberg is registered in the EUDAMED
European medical device database
under the number: **SRN PL-MF-000010936**



www.vitberg.com

Vitberg® is a registered trademark of Vitberg.
© Vitberg – all rights reserved.