

- Screening potential participants on eligibility criteria by interview with the team healthy professionals
- Informative session for the potential participants and their family about the study

- Obtaining informed consent
- Inclusion

**1 week before
Baseline measurements**

- baseline demographic, clinical characteristics
- dynamic/static balance
- muscle strength

Randomization

Vibration group

Exercises on the vibration platform

Exercise group

Same exercises such as vibration group without vibration platform

6 weeks

- Static and dynamic body balance (Tinetti test, Timed up & go test)
- Muscle performance (five repetitions of the Sit-to-Stand test and Smatcoach analyses)
- Adverse events
- Clinical characteristics
- Number of falls

6 months

- Static/dynamic balance (Tinetti test, Timed up & go test)
- Muscle performance (five repetitions of the Sit-to-Stand test)
- Clinical characteristics
- Number of falls