1. Screening potential participants on eligibility criteria by interview with the team healthy professionals
2. Informative session for the potential participants and their family about the study
3. Obtaining informed consent
4. 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 Smatch coach 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