

**Table S1.** Values of blood morphological parameters in the whole group and in the control (CG) and the examined (VG) ones before applying vibrotherapy.

Variables	Total	CG	VG	<i>p</i>
	X ± SD	X ± SD	X ± SD	
Hb [g/dl]	15.0 ± 0.7	14.9 ± 0.7	15.3 ± 0.6	0.163
Hct [%]	44.0 ± 2.2	43.7 ± 2.6	44.4 ± 1.7	0.509
RBC [T/L]	4.9 ± 0.4	4.8 ± 0.4	5.0 ± 0.3	0.223
WBC [10 <sup>9</sup> /L]	5.8 ± 1.0	5.6 ± 1.2	6.0 ± 0.7	0.159
PLT [10 <sup>9</sup> /L]	222.7 ± 56.2	220.1 ± 63.2	225.6 ± 50.5	0.829
MPV [fl]	12.1 ± 0.9	12.1 ± 0.7	12.0 ± 1.0	0.912
PDW [%]	15.8 ± 0.2	15.8 ± 0.2	15.8 ± 0.2	0.972
PCT [%]	0.3 ± 0.1	0.3 ± 0.1	0.3 ± 0.1	0.917
MCV [fl]	89.8 ± 3.0	91.2 ± 3.2	88.4 ± 2.2	0.030*
MCH [pg]	30.6 ± 1.1	30.9 ± 1.1	30.3 ± 1.0	0.232
MCHC [g/dl]	34.1 ± 0.7	33.9 ± 0.8	34.3 ± 0.6	0.248
RDW-CV [%]	13.7 ± 0.5	13.8 ± 0.5	13.6 ± 0.5	0.389
RDW-SD [fl]	45.3 ± 2.3	46.4 ± 2.4	44.2 ± 1.7	0.026*

X – mean, SD – standard deviation, p – \* statistically significant value (p<0.05), Hb – hemoglobin, Hct – hematocrit, RBC – Red Blood Cells, WBC – White Blood Cells, PLT – Platelets, MPV- Mean Platelet Volume, PDW – Platelet Distribution Width, PCT– Plateletcrit, MCV - Mean Corpuscular Volume, MCH - Mean Corpuscular Hemoglobin, MCHC - Mean Corpuscular Hemoglobin Concentration, RDW-CV Red blood cell Distribution Width, RDW-SD – Red blood cell Distribution Width-Standard Deviation.

**Table S2.** Values of indexes of erythrocytes aggregation and fibrinogen concentration in the whole group and in the control (CG) and the examined (VG) ones before applying vibrotherapy.

Variables	Total	CG	VG	<i>p</i>
	<b>X ± SD</b>	<b>X ± SD</b>	<b>X ± SD</b>	
AMP [au]	22.2 ± 3.0	21.0 ± 3.3	23.5 ± 2.0	0.051
T ½ [s]	2.0 ± 0.6	2.1 ± 0.7	2.0 ± 0.5	0.747
AI [%]	64.7 ± 6.8	65.7 ± 8.1	63.6 ± 5.2	0.504
Fib [g/l]	3.1 ± 0.6	3.1 ± 0.6	3.2 ± 0.7	0.522

X – mean, SD – standard deviation, AMP – Amplitude of aggregation, T½ – Half Time kinetics of aggregation, AI – Aggregation Index, Fib – fibrinogen.

**Table S3.** Values of the protein profile parameters in the whole group and in the control (CG) and the examined (VG) ones before applying vibrotherapy.

Variables	Total	CG	VG	<i>p</i>
	X ± SD	X ± SD	X ± SD	
Total proteins [g/l]	74.1 ± 4.2	74.7 ± 4.5	73.5 ± 3.8	0.520
Albumins [g/l]	58.5 ± 3.9	58.3 ± 4.5	58.7 ± 3.3	0.833
α-1-globulins [g/l]	2.7 ± 2.3	3.1 ± 3.2	2.2 ± 0.3	0.888
α-2-globulins [g/l]	10.5 ± 1.2	10.8 ± 1.4	10.3 ± 0.9	0.315
β-1-globulins [g/l]	9.2 ± 1.0	9.0 ± 1.1	9.4 ± 0.8	0.360
β-2-globulins [g/l]	7.2 ± 1.5	7.4 ± 1.4	6.9 ± 1.6	0.486
γ-globulins [g/l]	12.4 ± 2.2	12.4 ± 2.3	12.4 ± 2.1	0.999

X – mean, SD – standard deviation.