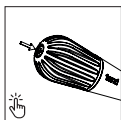


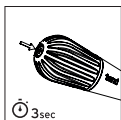
tend

Quick start guide

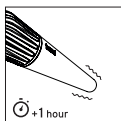
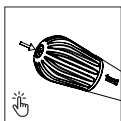
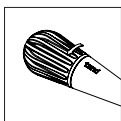
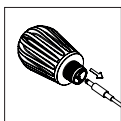
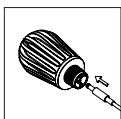
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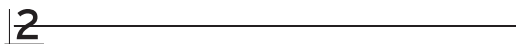
Turn off



Charge



Patterns



Focus the Vibration stimulus of Tend directly on the most painful point of the tendon. Try to focus on this area for 30-60 seconds, gradually increasing treatment time to 1-2 minutes as your symptoms improve.

Move slowly up and down the length of the tendon and local muscle, maintaining an even pressure to begin with.

If there are any painful muscle areas, spend longer treating these with Tend's pinpoint head, aiming to provide treatment for 30-60 seconds on each focally painful region.

If the tendon is close to the ankle or knee joint, gently work Tend along the edges of the tendon tight to the joint. Spend 1-2 minutes on each side of the tendon, gently pressing Tend into the tendon to maximise the effectiveness of its vibration. This should create a bowing-like sensation within the tendon, further relieving your symptoms.

Tend's total treatment time for each session should last approximately 10 minutes, depending on the size of the area you are treating.

You can repeat this treatment 2-3 times a day, incorporating it into a warm-up / cool-down routine before / after exercise, or even if you are at work sitting at your desk to help relieve your symptoms.

For more advice, suggestions and 'How-to-use' Video's please visit our website at: www.tend.global

