

TEND FOCAL VIBRATION TOOLS – CLINICALLY GROUNDED SUMMARY

Purpose:

Tend tools use **focal vibration therapy** to support **targeted tissue stimulation, circulation, and muscle relaxation**. These effects are supported by clinical research on local vibration therapy, though Tend is not a medical device and claims are limited to measurable, non-therapeutic outcomes.

1. Key Effects of Tend Focal Vibration

Effect	Evidence & Notes	Practical Application
Increased microcirculation / blood flow	Clinical studies show local vibration increases skin temperature and microcirculation in the treated area ([1], [2]).	Use on areas requiring enhanced local blood flow, such as muscles post-exercise or high-tension regions.
Muscle relaxation / tension relief	Focal vibration reduces local muscle tightness and supports relaxation without invasive intervention.	TMJ, forearm, shoulder, or any area prone to tension; can be integrated into therapy or recovery routines.
Improved tissue responsiveness / appearance	Repeated sessions have shown visible improvements in skin condition, e.g., cellulite grading, with effects diminishing once treatment stops ([1], [2]).	Can be referenced in discussions about circulation and tissue stimulation; safe to mention in practitioner or educational materials.
Consistency of effect	Benefits are observed across multiple sessions, emphasizing regular use for optimal effect.	Recommend structured, repeat use over time to maximize measurable effects.

2. Areas of Application

- **TMJ / Jaw muscles:** Targeted use supports muscle relaxation and local circulation.
- **Forearms, shoulders, neck, calves, glutes:** Helps relieve tension and stimulate circulation.
- **General soft tissue areas:** Enhances comfort and responsiveness, useful in recovery or maintenance routines.

Important: Tend effects are **non-therapeutic and non-curative**. Statements must remain within educational context; do not claim medical treatment, tightening, or healing.

3. Safe Language for Educational Materials

- “Tend tools can help stimulate local circulation and tissue responsiveness.”
- “Regular, focused use supports muscle relaxation and targeted vibration of soft tissue.”
- “Repeated sessions can lead to measurable changes in skin microcirculation and appearance, which are consistent with general research on local vibration.”
- Avoid language implying medical, therapeutic, or cosmetic cures.

4. References

1. *Changes in Skin Microcirculation Resulting from Vibration Therapy in Women with Cellulite*, PubMed:
<https://pubmed.ncbi.nlm.nih.gov/35329074/>
2. *Mechanical vibration therapy and skin response in lipodystrophy*, PubMed:
<https://pubmed.ncbi.nlm.nih.gov/32181499/>

Athletes Recovery Tool