

# FAQs FOR THE GRID VIBE™

## 1. Why does the GRID VIBE only offer one vibration setting?

Prior research supports that frequencies of vibration between 20-50 Hz yield the most benefit to the muscular system. By vibrating at 33 Hz, the GRID VIBE induces changes to both the muscular system and the nervous system.

## 2. How does the GRID VIBE minimize pain while rolling?

The vibrations of GRID VIBE provide different information for the nervous system to process. When the body is sensing pain and vibration is introduced, the sensation of pain decreases – the nervous system is essentially confused by multiple inputs of information.

## 3. How do I use the GRID VIBE?

For directions on how to use the GRID VIBE, please visit [www.tptherapy.com/watch](http://www.tptherapy.com/watch).

## 4. Why does the GRID VIBE power off when rolling?

For the protection of the motor, the GRID VIBE has 10 minute fail safe power-down function. If you are rolling and it powers off, simply press the power button to turn the GRID VIBE on again.

## 5. How long does the GRID VIBE stay charged for?

The GRID VIBE comes with a rechargeable lithium ion battery that holds approximately two (2) hours of power. A new GRID VIBE will come with a partial charge, but it is recommended that you charge it for at least two hours before use.

## 6. How long can I roll on the GRID VIBE?

Do not operate the GRID VIBE continuously for more than one hour. After one hour of use, allow unit to rest for 30 minutes before reusing.

## 7. Can I fly with the GRID VIBE?

Yes but not in a checked bag. FAA regulations prohibit lithium ion batteries in checked baggage. The GRID VIBE is approved as a carry on item.

## 8. Will the relaxation of muscles from the GRID VIBE impact my training or performance?

It is recommended that you use a movement assessment to guide the areas that you roll and if doing so, this relaxation will improve performance by improving joint motion and length-tension relationships.

## 9. Is it safe to use the GRID VIBE during pregnancy?

Pregnancy is a contraindication of any kind of foam rolling. Please consult your physician before using the GRID VIBE or any other self-myofascial release product.

## 10. Does the GRID VIBE fit inside of a GRID foam roller?

Yes, the GRID VIBE does fit inside of a GRID, but it will vibrate out of the center after a few minutes of rolling. For maximum product benefits, we suggest it be used on its own.

## 11. How much weight can the GRID VIBE hold?

The GRID VIBE has been tested to hold up to 400 lbs. while in use.

## 12. What is the GRID VIBE made of?

The GRID VIBE is made of EVA foam and ABS plastic injection molded housing. The battery is a rechargeable lithium-ion polymer battery.

## 13. How can I clean the GRID VIBE?

The GRID VIBE can be easily cleaned by using an antibacterial wipe or soap and water to clean and disinfect the surface. Avoid ammonia-based cleaners and never completely submerge the GRID VIBE.