



While I was attending Dott. Rodolfo Lisi's book presentation, "Patologie del Tennista" , in Rome on the 10<sup>th</sup> of December 2018, I had the pleasure to come across to Fluendo.

I then had the opportunity to test it personally. My first impression was very good, therefore I decided to try it more in depth.

In the following days, supported by the Concordia Hospital staff in Rome, I performed some tests on tennis players who already suffered from articular pathologies (wrist, elbow and shoulder).

After several weeks of testing Fluendo, I collected information regarding how Fluendo affects the performance of different players; Several players, of different level and age, were observed playing outdoors and indoors. The same players were observed playing with and then without Fluendo to compare the results.

My impressions of those tests were positive; however, I wanted to investigate further what kind of effect Fluendo produces on both short and long period of time in players with and without pathologies.

What I observed was that, after 2 hours of continuous playing, people experienced no pain and discomfort during the play and in the following days; even those players who experienced injuries in the past and for this reason most likely to develop a pathology, reported a pain-free experience with Fluendo.

Using Fluendo appears to increase players personal experience and performance, both in terms of quality and quantity.

As previous laboratory researches confirmed, the vibrations absorption, guaranteed by Fluendo, determines a lower joint fatigue, and contributes to the prevention of injuries.

Therefore, Fluendo guarantees an immediate and prolonged benefit for all tennis players since it tangibly inhibits the recurrence of inflammations and joint injuries of the wrist, elbow and shoulder.

I have personally experienced less stress on my articulations, that has allowed me to achieve a better performance than in the past and for a longer period of time.

In conclusion, I would definitely recommend Fluendo to all tennis players, despite their level and age, who care about their health and would like to prevent injury and improving their performance.

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