

Massage Guns

Benefits of a Massage Gun

- Extremely portable
- Ease to use
- Very versatile
- Wide variety of shape, sizes and price points
- Can be used before, during or after activity



Why a Massage Gun treatment?

- Cheaper than massage therapy
- Improves flexibility
- Increases bloodflow
- Assists lymphatic drainage
- Help reduce soreness

When is a Massage Gun NOT recommended?

- Acute injury or inflammation
- Areas with sharp or stabbing pain or a burning sensation
- Open wounds or active infection
- Not used for bones, joints or nerves

Treatment Technique

- **Identify target areas:** Locate trigger points or sore muscles throughout the body.
- **Warm-up:** Heat and gentle stretches increase blood flow and prepares your muscles for deeper manipulation.
- **Choose the right attachment:** Most massage guns come with several attachments, each is made to target a different muscle group. The attachment is the most versatile head.
- **Application techniques:** Start at the lowest setting for speed and increase to your comfort level. Gentle or light pressure over the area. Move in wave-like strokes to allow the muscles to gradually release with each pass. Use circular or cross friction motion over knots or tender spots. For optimal condition use the gun within 30 minutes of completing a work. Muscles & connective tissue are still warm & pliable.
- **Duration and pressure:** Target each treatment area for 1-3 minutes. Adjust the pressure to your comfort level; it should feel relieving, not painful. Gradually increase pressure over trigger points or tight spots. Trigger point pressure should never feel greater than 6/10.
- **Aftercare:** Active stretching should follow any hands on or toll assisted massage techniques. Drink lots of water to flush out the toxins & lactic acid released during the massage.

15 MASSAGE HEAD



Treatment Area Suggestions

- Knee Pain:** Using a massage gun can help relieve knee pain. Use the lowest setting and gradually increase intensity, focusing on surrounding muscles like the quadriceps and hamstrings rather than directly on the knee joint.
- Back pain:** Back pain can stop you from doing the simplest of everyday things. A couple of minutes of self-treatment with a massage gun cuts tightness, accelerates recovery, and knocks the back pain on the head.

- **Shoulder pain:** Everyone experiences shoulder pain differently; it can range from a mild nagging sensation to chronic discomfort. However much you experience, on whatever rung of the pain scale that you exist, the percussive massage of a massage gun gives you targeted pain relief in return.
- **Neck pain:** Neck pain can be caused by a variety of factors, including modern life and exercise. However, when neck discomfort comes, a massager can provide nearly immediate relief. Recommend low speed and slow movement patterns.