

DO YOU/CAN YOU  
DO THIS?

SHORT WELLNESS SELF-CHECKS

## Bottom-line:

**Massage Guns are an inexpensive form of self muscle therapy that has been shown in research to be effective.**

**How to use:** Theragun ( a popular brand) suggests full-body session **should** not exceed 15 minutes. Treat yourself 2-3 times per day. Prior to workouts or physical activity, float your Theragun for up to 30 seconds to instantly activate and “wake up” your muscles. better control. Rest the Theragun on your body. Don’t add any pressure. Just let it float. Glide the Theragun along the muscle. Move slowly—about an inch a second or slower. If you hit a knot or an area of tension, let the Theragun rest on that spot—without adding additional pressure—for a few moments before moving on. Breathe: nice long inhales and exhales. And feel the relief. I would not recommend staying on anyone area for more than 30 to 60 seconds. See Theragun YouTube videos for more use info.



# Do you Massage Gun?

Massage guns offer what’s known as percussive or vibration therapy. This type of massage provides rapid bursts of pressure into the body’s muscle tissue (hence the rippling effect of massage guns) as its head oscillates back and forth. The goal is to increase blood flow to a specific muscle area, which can help reduce inflammation and muscle tension. Massage guns are also used prior to intense workouts to help warm up muscles ahead of activity. It might be a nice solution for those who can not see a massage therapist or find foam rollers uncomfortable or too hard to do. Some of the more expensive massage guns range from \$250 to \$500, while there are affordable massage gun options such as an array of top-rated models priced as low as \$100 on Amazon.

**Science is still determining how effective vibrating massage guns really are. Current research suggest that they help decrease muscle pain after intense exercise, increase range of motion and may decrease blood-based chemicals that indicate muscle damage and inflammation.** A recent meta-analysis analyzed the results from 10 different research studies and found that muscle pain was significantly lower 24, 48, and 72 hours after exercise when people used vibration therapy to help recover ([see study](#)). They are not sure if massage guns help you recover strength quicker after hard workouts. Some studies say yes, while others say no. A recent study found that quadriceps and hamstring strength is increased 72 hours after intense exercise when people use localized vibration therapy compared to not using anything ([study](#)), but one study does not mean that it will work in all cases.

**Importantly they also can help psychologically.** Anything that can help you believe that you’ll perform better is probably worth testing out as long as it does not harm. There has been no research suggesting that they do.

**Solving problems before they happen.**