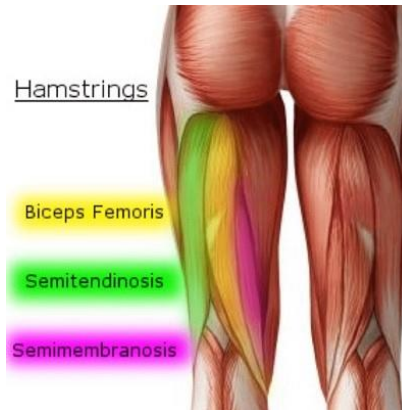


How to Massage your Hamstrings with a Massage Gun

Follow these rules: (Can do with knee straight)

1. Go against the grain (fibers)



2. Stay until you make a change - hopefully no longer painful
3. Use the correct head
 - a. *Big Round Head Attachment*: Good for larger muscle groups like the glutes, quadriceps, or hamstrings. Allows you to cover more surface area. Moderate in aggressiveness.



- b. *Small Round Head Attachment*: Less aggressive to moderate. Great for tendonitis if used sideways.



(Big & Small Round Head)

- c. *Air-filled (Pneumatic) Attachment*: Probably the least aggressive head. Great for use around bony surfaces and sensitive muscle groups. Good for relaxation.



- d. *Bullet Head Attachment*: Aggressive. We have found to be helpful with treating trigger points or knots.



- e. *Plastic Flat Head*: Moderate. Good on IT band, Pectoralis Major (with ribs underneath), or Plantar Fascia (bottom of foot).



- f. *Steel Flat Head*: (Can be heated up or cooled down prior to use). Moderate to Aggressive.



g. *Knobby Attachments*: Generally, for larger muscles. More aggressive.



h. *Field Goal*: Can be used along both sides of the spine. Also, some have recommended its use on the Achilles tendon.



Flossing:

a. Seated Hamstring. Hit the entire three muscles and add in some flossing (movement of the muscles and nerves). Bending and straightening the knee while aggressively applying the massage. You can use a knee glide or fit glide.

