

## How to Use a Massage Gun for Low Back Pain Relief

When massaging the low back, your primary focus should be on the muscles closest to the spine. You will probably need another person to effectively apply the massage with a massage gun. Work your way on the lumbar paraspinals up and down staying close to the spinous processes. You can use any massage head that you find comfortable. The field goal attachment is designed to be used on each side of spine simultaneously. Always start at the lowest variable speed and work your way up.



After sufficiently massaging the lumbar paraspinals you may want to focus on muscles that attach to the lumbar spine through the thoracolumbar fascia. This includes the Latissimus Dorsi which has a lot of attachments into the spine and fascia. And the Gluteus Maximus.



(Latissimus Dorsi)

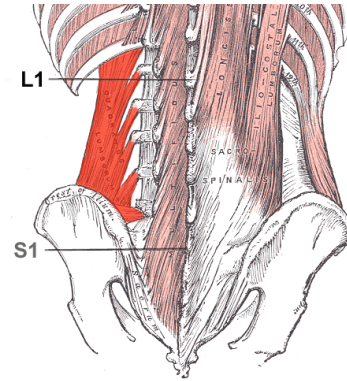


(Gluteus maximus)

You may also want to massage the Quadratus Lumborum. The muscle originates on the pelvic crest and attaches to the border of the last rib and to the side of L1 through L4 vertebra (transverse processes). It is difficult to get to because it is located deep below the erector spinae.



(How to Massage the Quadratus Lumborum)



(Quadratus Lumborum)

Because of its location we would not recommend using the massager on the iliopsoas. Too hard to get to the muscle.