

## 25 Reasons to Use a Massage Gun (Plus Which Attachments to Use)



1. Relieve stress (air-filled, small round head, or large round head)
2. Relieve postoperative pain (air filled)
3. Reduce anxiety (air filled)
4. Manage low-back pain, (depending upon how aggressive you want to get- may use any attachment)
5. Help fibromyalgia pain (massage should be pain-less. air-filled would be a good choice.)
6. Muscle strain or pulled muscle (depending upon how aggressive you want to get- may use any attachment)
7. Muscle recovery. For small muscles, the air-filled, or small round head. For large muscles, the big round head, or knobby attachments.
8. Muscles warmed up and stretched prior to sports. For small muscles, the air-filled, or small round head. For large muscles, the big round head, or knobby attachments.
9. Reduce muscle tension (a relaxing massage with the air-filled, the big round head or small round head attachment.
10. Enhance exercise performance. For small muscles, the air-filled, or small round head. For large muscles, the big round head, or knobby attachments.
11. Relieve tension headaches (would not recommend using a massage gun)
12. Sleep better (a relaxing massage with the air-filled, the big round head or small round head attachment).
13. Reduce pain of osteoarthritis (would recommend working on the muscles around the joints - air filled attachment).

14. Decrease stress in cancer patients (massage should be pain-less. Air-filled would be a good choice.)
15. Decrease rheumatoid arthritis pain (avoid massaging over joints-work on muscles around the joints - air-filled would be a good choice.
16. Trigger points or knots - the bullet head attachment.
17. Scar tissue. Dependent on the amount of healing that has taken place. (Less aggressive- small round head used sideways) (more aggressive-bullet head attachment)
18. Promote relaxation (a relaxing massage with the air-filled, the big round head or small round head attachment).
19. Tendonitis: Small ball attachment used sideways.
20. Decrease symptoms of Carpal Tunnel Syndrome: Massage of muscles of the forearm. Air-filled or small ball attachment.
21. Help chronic neck pain (would not recommend using a massage gun)
22. Lower joint replacement pain (would recommend working on the muscles around the joints- air filled attachment).
23. Increase range of motion (depending upon how aggressive you want to get- may use any attachment)
24. Decrease migraine frequency (Would not recommend using a massage gun)
25. Improve quality of life in hospice care (massage should be pain-less. Air-filled would be a good choice)