

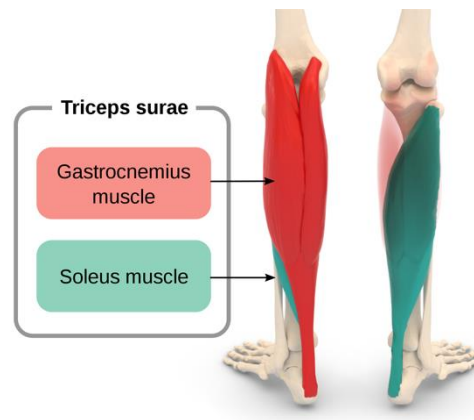
How to Use a Massage Gun on Calf Muscle Pain

When calf pain is present, one may want to have the calf examined by a medical provider to rule out other possible causes such as a blood clot, diabetic neuropathy, arterial claudication etc.

If the pain is due to a muscle strain or microtear you should first palpate the calf muscle for a tender area. Once a tender area is discovered, begin to massage around the outer reaches of the pain and eventually begin to narrow in on the painful area.

When applying the massage, one should follow these rules:

1. Go against the grain (fibers)



2. Stay until you make a change - hopefully it's no longer painful
3. Cross legs and put one ankle on opposite knee.
4. Attempt to perform flossing while massaging the calf muscle. Move foot up and down and side to side on massage side.
5. Use correct head (attachment):
 - 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.



6. Attempt to perform flossing while massaging the calf muscle. Move foot up and down and side to side. Cross legs and put ankle on opposite knee.

