

How to Use a Massage Gun for Forearm, Wrist, and Hand Pain (Overuse Syndrome-Gamers, Computer Users, etc.)

It is important to understand many of the muscles of the wrist and hand originate in the forearm. You do not need to know the specific names or functions, but you will be well served to apply massage to the muscles on the front and back of the forearm.

You may also massage the palm side of the hand (palm, fingers, and thumb). Use the air-filled attachment.



If painful, you may do cross fiber friction massage over tendons at the base of the thumb (extensor pollicis brevis, abductor longus = De Quervain's tenosynovitis.)

Use the following guidelines to choose the appropriate attachment:

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



(Big & Small Round Head)

- b. *Air-filled (Pneumatic) Attachment*: Probably the least aggressive head. Great for use around bony surfaces and sensitive muscle groups. Good for the palm of the hand and the palm side of the fingers.



- c. *Bullet Head Attachment*: Aggressive. May be helpful with treating trigger points or knots in the forearm.



- d. *Plastic Flat Head*: Moderate. Okay for forearm.

