

Massage Gun Heads or Attachments: Which One Should You Use?

Massage guns generally have 2-5 attachments included. The types of attachment will vary between massage guns, but we will attempt to review some of the most common sets.

Here are some common attachments and what we personally have used them for.

The choice of massage attachments should be based on what you are trying to accomplish with the massage. Massage attachment recommendations can also vary dependent upon body types (thin, large, muscular, slight build, etc.) In all cases we recommend starting at the lowest speed and working your way up. Many guns have 2-5 variable speeds.

- 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.

