

Why You Should Not Buy A Massage Gun! Why You Should!

Some Reasons You Should Not Buy a Massage Gun:

- Be careful if you are buying a massage gun for a hard-to-reach spot or place. You may need a partner to apply the massage.
- A massage gun may not be helpful for a disc herniation or sciatic.
- We would not recommend using a massage gun on your neck or head.
- We would not recommend using a massage gun for headaches.
- You should not use a massage gun over a pulse (avoid arteries near the surface).
- Generally, would not use massage gun over a bony surface (with some exceptions-e.g., top of kneecap with quadricep tendonitis).
- Would not use a massage gun over your heart.
- Would be careful with a massage gun during pregnancy (not use over fetus). Generally, would not use a massage gun over bursae (small fluid filled sacs that provide a cushion between bones and tendons and/or muscles around a joint).
- Do not use a massage gun if you have a bleeding disorder or bruise easily.
- Do not use a massage gun if you recently have had surgery unless you first check with your medical provider. Massage can move blood clots.
- Do not use a massage gun with nerve disorders, MS, epilepsy, or other nervous system disorders unless approved by your medical provider.
- Do not use a massage gun if you have open sores, your skin tears easily, or you have a skin disorder.
- Do not use a massage gun over healing fracture or healing broken bone.

Some Reasons You Might Want To Buy a Massage Gun:

- Massage guns are incredibly easy to use. You do not have to get on the floor like you do when using a foam roller.
- Many of our patients like using the massage gun better than a massage from a human.
- Massage guns do not get tired and never say no to giving you a massage.
- They can be used by most people (usually the whole family) and you can begin to treat an injury or overuse issue before it gets too serious.

- The massage guns are a great way to warm up and mobilize your muscles before workouts and sports.
- We think massage guns also work well for muscle recovery.
- Works well with muscle strains, scar tissue, and tendonitis.
- We honestly think it is one of the best gifts you can buy for someone.