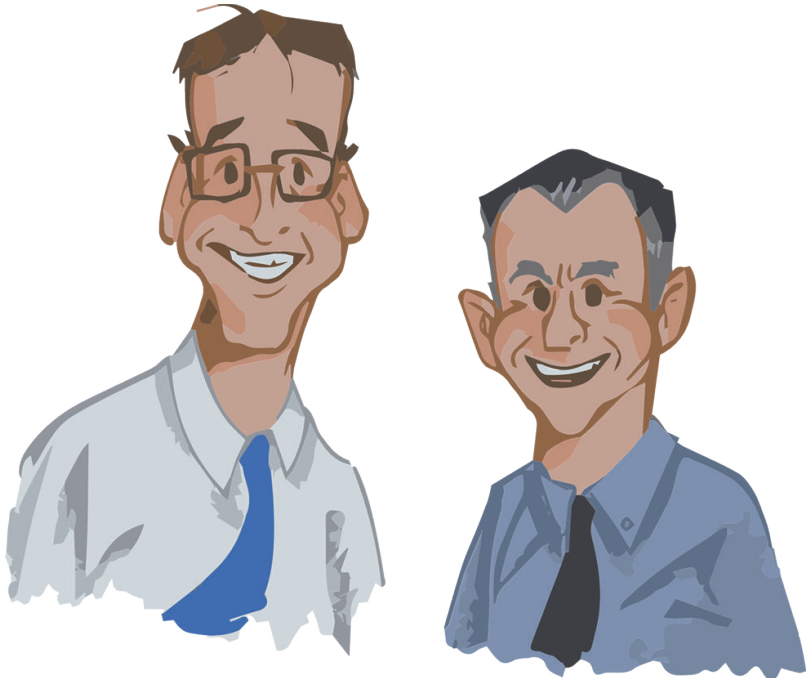


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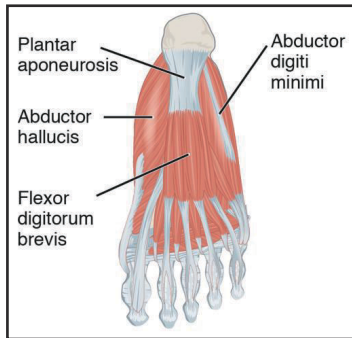
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HOW TO HEAL WITH MASSAGE
Professional rehabilitation training

Plantar Fasciitis? How to Heal with Massage

What is Plantar Fasciitis? The Plantar Fascia is made up of three thick flat, fibrous bands on the bottom of your foot. These three bands help form the arch of your foot. With Plantar Fasciitis you may have sustained some micro tears in the band or bands. The microtears result in inflammation of the Plantar Fascia. "Itis" refers to inflammation. Hence the name Plantar Fasciitis. The Plantar Fascia bands have a poor blood supply and generally do not heal quickly.



The telltale sign of Plantar Fasciitis is pain after rest. For example, it is typical for you wake up in the morning and have no pain in your foot, until you attempt to take a few steps. Then the arch pain re-emerges. The belief is that you have sustained some micro-tears in the Plantar Fascia (a thick, flat, fibrous band on the bottom of your foot). While sleeping, or after sitting in a chair or car too long, the fascia begins to half heal. Then you step on your foot, and basically re-tear the band.

So, you need to do the following exercises BEFORE you get out of bed and BEFORE you stand up again from sitting. If you do not have time to do all of them, try to do the first one or two.

1. Arch Stretch: Place your affected foot on the opposite knee. Take your shoe off and grab all your toes with one hand and cup your heel with the other. Pull your toes and ankle toward your shin. Do not stretch it into feeling pain (just bump into the pain). Repeat 5x as you hold for 20 seconds



2. Arch massage: Use your knuckles or your thumbs to massage the arch of your foot. You can massage in a circular fashion. You can also do a splaying massage-start with both thumbs side by side and press into the arch as you separate the thumbs-repeat. Avoid massaging areas of the arch that are too tender or sore. Instead, massage around the tender or sore area. Massage for 1-2 minutes. Alternative: Use a massage gun and massage longer and more often (throughout the day).



3. Put on a pair of shoes or sandals with good arch support BEFORE you get out of bed. If you get up in the middle of the night you should also put on the shoes or sandals with good arch support before going to the bathroom. Do not walk bare foot or stocking foot at any time.

Do the following later in the Day:

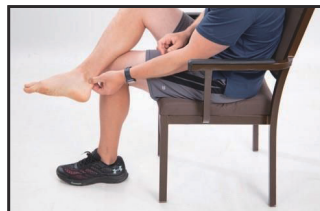
1. Stretch and massage your calf (ball or massage gun)



2. Stretch and massage the shin muscles. (Use ball or massage gun)

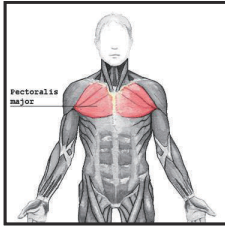


3. Pin down the Achilles tendon and bend and extend the foot. (Use both hands)



How to Self-Massage the Chest Muscles (Pectoralis Major and Minor)

Pectoralis Major



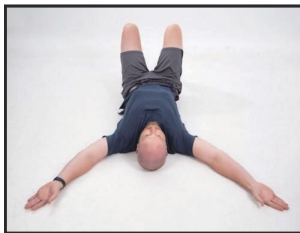
The Pectoralis Major originates from the sternum and half of your collar bone along with the cartilage of the first 6 or 7 ribs and attaches to a bump on the bone of your shoulder. Its actions include adducting and rotating the arm toward the chest.

How to tell if Pectoralis Major is tight:

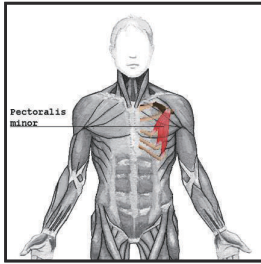
1. Let arms drop by side. Palms should be facing each other. Not back.
2. Put arm out in T position. Should lie flat on floor.



3. Put arm out in Y position. Should lie flat on floor.
4. Clasp fingers behind neck. Should be able to put elbows on floor.



Pectoralis Minor



The Pectoralis Minor originates from the third, fourth, and fifth ribs and attaches to the coracoid process of the shoulder blade. A tight Pectoralis Minor can cause the shoulder blade to rotate out of place and cause subsequent pain at the shoulder or neck.

How to tell if Pectoralis Minor is tight:

1. Lie on back - back of shoulder should be flat on floor.
 - a. If raised – pectoralis minor is tight.



(Normal)



(Tight Pec Minor)

You can use the following:

A. Lacrosse Ball



B. Massage Gun

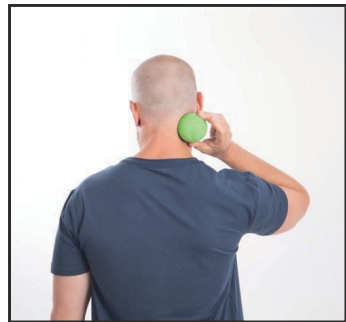


How to Treat Neck Headaches with Self-Massage & More

In this video we are referring to the treatment of a specific type of headache that is caused by an issue with your neck. Cervicogenic headaches are different because they are caused by problems with the nerves, bones, or muscles in your neck. Although you may feel pain in your head, it does not start there. Instead, the pain you feel is referred pain from the neck.

Self-Massage

Self-Massage with ball or fingers. Using your fingers self-massage, the neck at the spot where the neck attaches to the skull. You should try circular motions and splaying. Remember the rule of thumb is never massage an artery. So, we are not going to perform any massage with the therapy cane or massage gun which could press into the vertebral artery.



In addition to the massage, you may try these three exercises:

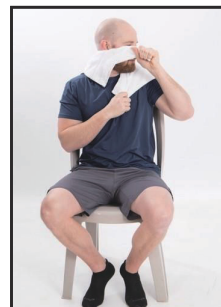
1. Chin Tucks: These should be performed throughout the day (ideally 6-8x)



2. Chin Tucks with overpressure (hand or towel) (sustained 30-45 sec and if no increased pain can increase to 2 minutes)



3. Rotation with towel. Place the “selvage” (tightly woven edge of the towel) against your neck at the position where the neck meets the skull (about C1). Grab the two ends of the towel with your hands. You will be working on rotating into the restricted or painful direction.



- a. Rotating to the right. After you grab the two ends of your towel, your hands will switch with each other. After switching, your left hand should pull straight down on its towel end. The right hand will pull the opposite towel end across the left side of your face up near your eyes. This movement should be pain-free, or do not continue. If pain-free, perform the rotation toward the painful side in 5-10 repetitions. Repeat 6-8 times spread out through the day. Do not let the left shoulder move forward during the rotation.
- b. Rotating to the left. After you grab the two ends of your towel, your hands will switch with each other. After switching, your right hand should pull straight down on its towel end. The left hand will pull the opposite towel end across the left side of your face up near your eyes. This movement should be pain-free, or do not continue. If pain-free, perform the rotation toward the painful side in 5-10 repetitions. Repeat 6-8 times spread out through the day. Do not let the right shoulder move forward during the rotation.



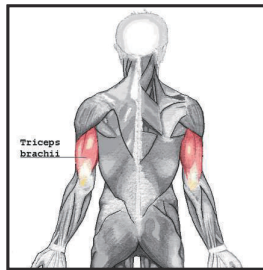
4. Flexion with gentle overpressure (use both hands to grab the upper back portion of your head and gently stretch forward for just a few seconds - repeat x 3).



5. Flexion with fist under chin. Place your left curled fist under your chin - thumb side up. Use your right hand to grab the upper back portion of your head and gently pull forward. Hold for 10 seconds and repeat 3 times.

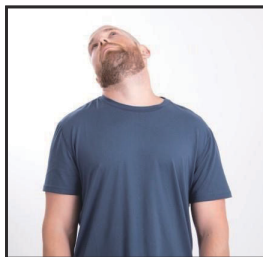
How to Heal Triceps Pain with Massage

The Triceps are made up of three heads. Long head attaches to the shoulder blade on the infraglenoid tubercle. The lateral head attaches to the lateral and posterior surface of the proximal humerus. The medial head attaches to distal two thirds of the medial and posterior surface of the humerus. All three run together and attach to the olecranon process (bump on your elbow). Both run together and attach to the forearm on the tuberosity of the radius. Main movement is extension of the elbow. But the muscle also extends and adducts shoulder.



Two Tests Which May Indicate the Pain is Coming from your Neck:

Neck Compression Test: Spurling Test: Extend your head back. With your neck extended, tilt your head to the painful side. Hold this position for 30 seconds. If you feel neck pain, pain or tingling that radiates down the arm, or numbness, then you have tested positive.



Radial nerve tension test: Test unaffected arm first. With the arm at your side, take your hand and twist so it is facing palm out. Flip your hand up so the palm is now facing the ceiling. Side bend neck away from hand. Repeat the same test on the painful arm. If you cannot obtain the described position without increased pain and/or symptoms you have tested positive for the radial arm tension test.



A tricep strain occurs when the bicep muscle becomes stretched beyond its limit. This excessive stretching may cause a “muscle strain”, a “muscle tear”, or a “muscle pull”. All three descriptions refer to damage to a muscle or its attaching tendon.

The injury to the hip muscle or muscle tendon may be graded according to the severity:

- 1st degree - the hip muscle may be sore but there was only mild over-stretching of a muscle.
- 2nd degree - mild swelling and bruising but possible severe muscle pain and tenderness. Moderate over-stretching of the bicep muscle with some tearing of the fibers.
- 3rd degree - severe pain and swelling. Muscle or tendon is torn all the way through. Muscle is either ripped into two separate pieces or sheared away from tendon. This can cause a complete loss of function and may require surgery.

Anyone can strain their triceps belly muscles from just daily tasks, but a tear can also occur from pushing activity such as bench press. A tear could also occur from a fall on to an outstretched arm. Less common a strain or tear can occur at the tendon which is the thick band that attaches the triceps muscle to the elbow bone (olecranon process). Both can happen because of age related wear and tear. And finally, the injury could happen in the muscle belly itself.

You have a higher chance of experiencing a triceps strain if:

- A. You have had a prior triceps strain or tear.
- B. You have muscle tightness.
- C. You fail to warm up before an athletic or work event.
- D. You attempt to push too much weight with exercise or work.

Signs and Symptoms of a Triceps Strain or Tear

- 11. Swelling and bruising (discoloration)
- 2. Muscle spasms
- 3. Previous Triceps strain or tear
- 4. You can feel point tenderness in the muscle.
- 5. Might feel an indentation or bump in the muscle.
- 6. Pain when that muscle is used.
- 7. Weakness when that muscle is used.
- 8. Hearing a “pop” sound when the muscle or tendon was injured.
- 9. Feel for point tenderness over the muscle belly (tenderness may indicate a muscle tear).

X-rays may be ordered to make certain a bone fracture did not occur with a strain or tear.

Treatment

- 1. If tender, perform cross fiber friction massage over insertion tendon (on the elbow bone).
- 2. Try massage (use finger over finger, or side to side). Be aggressive over the tender area and deep. If tender massage for 30-60 seconds and assess. If plateauing or decreasing you may continue. If increasing you must stop and try another day.



3. In all cases you should also massage the nontender areas of the triceps muscle belly.



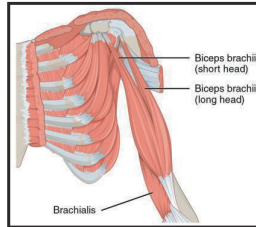
4. If able to tolerate the cross-fiber massage may do up to 20 minutes or 5minutes (4x a day) every other day.



Use of massage gun - ball or pointer attachment.

How to Heal Bicep Pain with Massage

The bicep is made up of two heads. Long head attaches to the shoulder blade on the supraglenoid tubercle. The short head attaches to the shoulder blade on the coracoid process. Both run together and attach to the forearm on the tuberosity of the radius. Main movement is flexion of the elbow with supination of the forearm.



Two Tests Which May Indicate the Pain is Coming from your Neck:

Neck Compression Test: Spurling Test: Extend your head back. With your neck extended, tilt your head to the painful side. Hold this position for 30 seconds. If you feel neck pain, pain or tingling that radiates down the arm, or numbness, then you have tested positive.



Median nerve tension test: Test non-painful arm first. Extend your arm (elbow) out to the side of you. Turn wrist outward so palm is facing away from body. Extend wrist and laterally bend your neck away from the arm. Side bends your neck away from the pain while extending the wrist and hand. Repeat the same test on the painful arm. If you cannot extend the elbow or the wrist without increased pain and/or symptoms you have tested positive for the median arm tension test. This could be a pinched nerve in your neck.



Radial nerve tension test: Test unaffected arm first. With the arm at your side, take your hand and twist so it is facing palm out. Flip your hand up so the palm is now facing the ceiling. Side bend neck away from hand. Repeat the same test on the painful arm. If you cannot obtain the described position without increased pain and/or symptoms you have tested positive for the radial arm tension test.

A bicep strain occurs when the bicep muscle becomes stretched beyond its limit. This excessive stretching may cause a “muscle strain”, a “muscle tear”, or a “muscle pull”. All three descriptions refer to damage to a muscle or its attaching tendon.

The injury to the hip muscle or muscle tendon may be graded according to the severity:

1 degree

- The hip muscle may be sore but there was only mild over-stretching of a muscle.

2st degree

- Mild swelling and bruising but possible severe muscle pain and tenderness. Moderate over-stretching of the bicep muscle with some tearing of the fibers.

3 degree

- Severe pain and swelling. Muscle or tendon is torn all the way through. Muscle is either ripped into two separate pieces or sheared away from tendon. This can cause a complete loss of function and may require surgery.

Anyone can strain their bicep muscles from just daily tasks, but more often a tear occurs while lifting something heavy. The strain or tear can occur at the tendon which is the thick band that attaches the bicep muscle to the bone or in the muscle itself. The injury can occur at the end of one of the heads (long or short) (in the shoulder). Or it can occur at the attachment in the forearm. Both can happen because of age related wear and tear. And finally, the injury could happen in the muscle belly itself.

How to make sure the pain is not coming from your neck:

You have a higher chance of experiencing a bicep strain if:

1. You have had a prior bicep strain or tear.
2. You have muscle tightness.
3. You fail to warm up before an athletic or work event.
4. You attempt to lift too much with exercise or work.

Signs and Symptoms of a Bicep Strain or Tear

1. Swelling and bruising (discoloration)
2. Muscle spasms
3. Previous bicep strain or tear
4. You can feel point tenderness.
5. Might feel an indentation or bump in the muscle.
6. Pain when that muscle is used.
7. Weakness when that muscle is used.
8. Hearing a “pop” sound when the muscle or tendon was injured.

Three self-tests you can do:

1. Hook test
 - a. Elbow held at 90 degrees. Try to hook your opposite finger under the tendon by the elbow. If able to do so the tendon is intact. If tendon injured may be tender.



2. Popeye's sign

- a. If you have a rupture at any of the bicep attachments the muscle may bunch up in the middle of the arm. A rupture at the long or short head usually does not have to be repaired. A rupture near the elbow usually is repaired.



3. Feel for point tenderness over the muscle belly (tenderness may indicate a muscle tear).

X-rays may be ordered to make certain a bone fracture did not occur with a strain or tear.

Treatment:

1. If tender, cross fiber friction massage over long head tendon, short head tendon, insertion tendon in forearm, or muscle belly.
2. Try massage, (use finger over finger, or side to side). Be aggressive over the tender area and deep. If tender massage for 30-60 seconds and assess. If plateauing or decreasing you may continue. If increasing you must stop and try another day.



3. In all cases you should also massage the nontender areas of the bicep muscle belly.



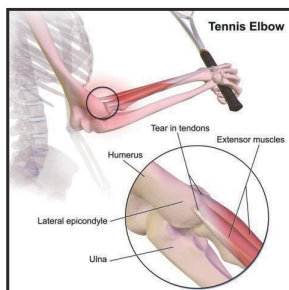
4. If able to tolerate the cross-fiber massage may do up to 20 minutes or 5 minutes (4x a day) every other day.



Use of massage gun - ball or pointer attachment.

How to Heal Tennis Elbow with Self-Massage

What is tennis elbow? Lateral epicondylitis is the medical term for tennis elbow. Tendons (thick structures that attach muscle to bone) attached to the lateral epicondyle (a bone on the outside of your elbow- next to the elbow bone) develop microtears and inflammation often from overuse of the forearm muscles. These are the forearm muscles which assist in extending the wrist (bending your wrist backward from the palm). They develop pain and swelling often due to overuse.



Tightness which can increase the stress on those muscles is:

1. A lack of internal rotation of the shoulder. For example, with a backhand tennis swing if you lack internal rotation of the shoulder, you will place additional stress on the forearm muscles. This motion must occur somewhere and if the shoulder cannot provide it, the forearm takes the additional stress.



(Shoulder Internal Rotation)

2. A lack of pronation and or supination at the forearm. With your elbows at your side and your forearms level if you turn your palm facing up - that is supination. Palm facing down is pronation. You should be able to get the wrists in a horizontal position (use a ruler). Again, the motion must occur somewhere and if your forearms cannot rotate the muscles will take the brunt.



(Supination)



(Pronation)

First, we will have you massage the muscles and tendons. Then we will show you stretches to decrease the likelihood of pain reoccurring.



A. Cross-fiber friction massage to the lateral epicondyle tendon. Use two fingertips side by side or one atop of another. Forearm should be supported by table or pillow. Find the tender spot over the tendon and massage across the fibers deeply and vigorously. Try 30 to 60 seconds and if too tender try exercise B instead.



B. Place continuous pressure on the tendon with your fingertips or thumb and simultaneously extend the wrist 10x. It is ok to experience some pain, but the pain should not continue after you are done. If it does perform the massage under C and return to this massage in the future. If it feels ok, continue 4x per day (10 reps).

C. Massage the muscles of the forearm avoiding the tender spots.



D. Use of massage gun for cross-fiber massage and forearm massage

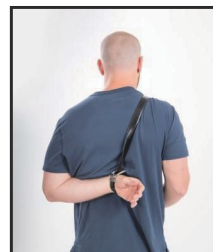
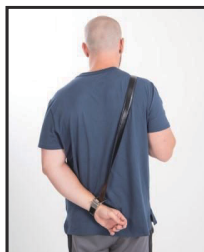


Stretches to restore shoulder internal rotation and forearm pronation/supination.

WARNING: Do not perform these if you have brittle bones (osteoporosis) or shoulders that tend to be loose jointed or dislocate.

Shoulder Internal Rotation:

A. Using a belt. Place a loop around the wrist of the painful arm. Put the painful arm behind your back and drape the other end of the belt over your opposite shoulder and grab it with the opposite hand. The opposite hand should pull on the belt and slide the painful arm up the back. Do not increase the pain but just bump into it. Repeat 10x. Do throughout the day 4-6x.



B. Using a Booyah stick. Place the painful arm behind your back palm facing out. Place the stick behind your back with opposite arm palm facing forward. Use opposite arm to slide painful arm hand up the back. As pain allows - bump into pain. (10 repetitions) If acceptable may also add in some extension by pulling the opposite arm forward. Maintain good body posture while doing this. Again, should be virtually pain free - if not stop. Repeat 10x if pain-free, 4-6x per day.



Forearms stretches:

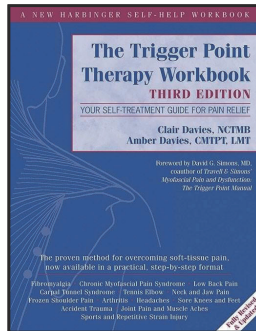
Bend your painful forearm to your chest. Use your opposite hand to stretch the A. forearm into pronation and then supination. (10x)



B. Standing position. Place your painful arm hand flat on a table with the fingers facing toward you and the wrist bent and stretching. Take the opposite hand and place the web between your thumb and first finger just below the inner bump by your elbow. Using the web push the forearm out to the side 10x all the while keeping the elbow as straight as possible. Both exercises can be done 4-6x per day.

12 Rules for Massaging Away Knots, Muscle Strains, or Tendonitis. (Must Follow)

We will first discuss trigger points. Knots also known as trigger points are common throughout the muscles of the body. The Trigger Point Therapy Workbook by Claire and Amber Davies defines a trigger point as “a grumpy little spot in a taut band of muscle tissue that hurts when you press on it. With pressure it can reproduce and confirm your symptoms” (pain).



The Trigger Point Therapy Workbook by Claire and Amber Davies also provided these rules of self-massage:

1. Never massage a pulse - avoid areas with arteries near the surface.
2. Use a tool if possible and save your hands.
3. Three tools that work well are the massage cane, lacrosse ball, and massage gun (or handheld massager).



4. Use deep stroking massage.
5. Massage with short, repeated strokes from one side of the painful spot to the other.
6. Do the massage stroke slowly.
7. Do the massage in one direction for best ergonomics.
8. The goal of the trigger point massage is to apply continued pointed pressure to the knot which can hurt (but it should be a pleasant kind of hurt). If it hurts too much you should stop.
9. Aim at not going any higher than a pain level of 5 on a scale of 1-10.
10. Limit massage to 10 to 12 strokes per trigger point.
11. Work a trigger point three to six time per day.
12. If you get no relief, you may be working the wrong spot.

For muscle strain or tendonitis, we want to provide this additional advice:

1. Apply cross-fiber friction massage to the tendon or muscle belly. Use two fingertips side by side or one atop of another. Find the tender spot over the tendon or muscle belly and massage across the muscle fibers deeply and vigorously.

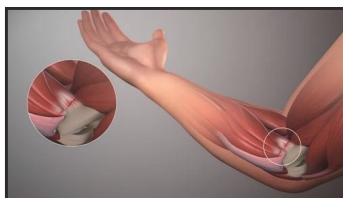


(Cross Fiber Massage)

2. Try massage for 30 to 60 seconds and if the pain is increasing stop and try again in a few days. If the pain level plateaus or improves you may continue for 5-15 minutes every other day.
3. If the pain is spreading out, it is generally getting worse.
4. If the pain is centralizing or becoming more focused, it is generally getting better.

How to Heal Golfer's Elbow with Self-Massage

What is medial epicondylitis? Medial epicondylitis is the medical term for golfer's elbow. Tendons (thick structures that attach muscle to bone) attached to the medial epicondyle (a bone on the inside of your elbow - next to the elbow bone) develop microtears and inflammation often from overuse of the forearm muscles. These are the forearm muscles which assist in flexing the wrist (bending your wrist forward from the palm). They develop pain and swelling often due to overuse.



Massage

Cross-fiber friction massage to the medial epicondyle tendon. Use two finger-
1. tips side by side or one atop of another. Forearm should be supported by table or pillow. Find the tender spot over the tendon and massage across the fibers deeply and vigorously. Try 30 to 60 seconds and if too tender try massage number 2 instead.



Place continuous pressure on the tendon with your fingertips or thumb and
2. simultaneously flex the wrist 10x. It is ok to experience some pain, but the pain should not continue after you are done. If the pain does continue, perform the massage number 3 and return to this massage in the future. If it feels ok, continue 4x per day (10 reps).



3. Massage the muscles of the forearm avoiding the tender spots.



4. Use of massage gun for cross-fiber massage and forearm massage.



One forearm stretch that may help: forearm pronation/supination. How to tell if tight. Stand with your elbows bent to 90 degrees (right angle) at your side. Flip your palms up with both hands. Wrists should be nearly level on both sides. Now flip your palms down. Again, wrists should be nearly level. Compare sides. If one side or both sides is tight, perform the following stretch:

Bend your painful forearm to your chest. Use your opposite hand to stretch the forearm into pronation and then supination (palm toward you and away), (10x).

How to Choose the Correct Massage Gun to Reduce Pain, Improve Healing & Recovery

We have found massage guns to be highly effective in treating muscle soreness, muscle knots, muscle tightness, muscle strain, and tendonitis. They can also aide in muscle healing and recovery.

However, there are a lot of models to choose from and it can be quite confusing. These are some of the features we would keep in mind when choosing a massage gun. In our opinion:

1. MASSAGE GUN POWER - when we refer to power, we are referring to three things:

- A. Massage gun head translation: How much amplitude or to what depth does the head of the massager move. If you are a smaller person with a slender build, you may want a device that does not go as deep. Now if you are a large person with abundant muscles, you may want a heavy-duty massager that has lots of amplitude.
 - B. Speed: Most guns have 2-5 variable speeds, and the speed will often dictate the comfort of the massage. Some like it slower and gentler. Others prefer the gun to be aggressive.
 - C. Stall force: The amount of force that can be applied to the motor before it stalls out. Again, a smaller person with a slighter build probably does not require as much stall force. Larger, more muscular individuals who are more apt to use on larger muscles (quads, hamstrings, buttocks), should purchase a unit with a larger stall force.
2. PRICE: When massage guns first came out, they were awfully expensive. In fact, we refused to review them on our channel because we felt they were beyond the means of a lot of our subscribers. The price has since reduced to a more reasonable level. Price can vary widely dependent on which features you find important. Unfortunately, higher price does not equate to higher quality. Buyer beware. Also, it goes without saying, one should always look for a coupon or a sale (they are quite often available).
3. RELIABILITY/WARRANTY: Some massagers start off great and end up not working in a few weeks. Even some of the more expensive units. Look for a company with a good reputation and a one-year warranty.
4. DIFFERENT ATTACHMENTS OR HEADS: Most of the massage units come with 3-5 different heads. Personally, we like the units that have at least one

attachment that is air-filled or a softer rubber (a nice attachment for massaging around bones). We also like a ball like attachment for cross fiber massage (going across the muscle fibers). Finally, a more pointed attachment is nice for treating knots or trigger points.



5. **PORTABILITY:** Many massagers come with a case. They come in handy in carrying the additional attachments and charger. Some guns are just notably smaller and easy to carry in a purse, bag, or even pocket. Some of the larger units can not only be a burden to carry but use as well.
6. **DESIGN:** Designs of massage guns and handheld massagers vary widely and should fit your need. If you want to be able to reach your back, a unit with a longer handle may be appropriate (however you may sacrifice some power). Again, larger units may have more power, but be more difficult to use.
7. **BATTER LIFE:** Most massage guns and handheld massagers are cordless and use a Lithium-ion battery. From reports, many massage gun batteries have a 2–3-hour life. Some massage guns turn off after 10 minutes automatically to avoid overuse on a body part. However, they can usually be restarted immediately.
8. **SOUND:** Some of the initial massage guns were extremely loud. Read the reviews to determine if your unit will be acceptably quiet.

How to Massage Knots Away from Shoulders, Upper Back, & Traps

Knots also known as trigger points are common in the muscles of the shoulder, upper back, and trapezius. The Trigger Point Therapy Workbook by Claire and Amber Davies defines a trigger point as “a grumpy little spot in a taut band of muscle tissue that hurts when you press on it. With pressure it can reproduce and confirm your symptoms” (pain).

There is a lot of speculation as to what causes knots. We are of the belief that poor posture plays a large role. Specifically, forward head posture, shoulders rolled inward, and increased bending forward at the base of the neck and upper back.

Therefore, our recommendation is to perform trigger point massage AND mobilize and correct posture. Trigger point massage can be performed with:

1. A massage cane



2. A tennis ball or Lacrosse ball.



3. Massage gun or handheld massager.



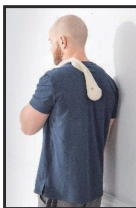
The goal of the trigger point massage is to apply continued pointed pressure to the knot which can hurt (but it should be a pleasant kind of hurt). If it hurts too much you should stop. Generally, you should aim for the pain not to exceed a 5 on a scale of 1-10.

The Trigger Point Therapy Workbook by Claire and Amber Davies provides these rules of self-massage:

1. Never massage a pulse - avoid areas with arteries near the surface.
2. Use a tool if possible and save your hands.
3. Use deep stroking massage.
4. Massage with short, repeated strokes from one side of the painful spot to the other.
5. Do the massage stroke slowly.
6. Do the massage in one direction for best ergonomics.
7. Aim at not going any higher than a pain level of 5 on a scale of 1-10.
8. Limit massage to 10 to 12 strokes per trigger point.
9. Work a trigger point three to six time per day.
10. If you get no relief, you may be working the wrong spot.

Mobilization of the Upper to Mid Back

Start with tennis ball, lacrosse ball on the wall or with a towel over the top on the floor. The goal is mobilization of the upper back. We want you to mobilize 6 spots - all adjacent to the mid-spine (thoracic) and between the shoulder blade and spine. 30-60 seconds on each spot.



(Ball in sock)



(Laying on the floor)



Specific Trigger Point Therapy

Then you are going to work on individual knots following the rules of the 12 rules of massage above. Work to bring the pain level of each knot down a few levels.

It may take a few days or longer. You can use the massage cane, tennis ball or lacrosse ball, or handheld massager. You could also have someone else use a massage gun on you. Continue the trigger point therapy until pain is under control. At that point you can stop the trigger point and just continue the mobilization of the back.

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.

How to Use a Massage Gun for Knee Pain Relief

When working with any painful joint our approach is to work upstream and downstream (a phrase we borrowed from Kelly Starrett – “Becoming the Supple Leopard”).

What that entails is massaging a mobilizing the muscles that attach to the knee joint from above the knee and below the knee.

These are the areas we want you to focus on:

1. Suprapatellar pouch

- a. This is the area directly above the knee. Bob had trouble in this area on both knees after doing repeated lunges. This area can get stuck or adhered down. Bob had luck taking a massage gun softer head attachment and massaging not only the pouch but also areas of attachment to the top part of the knee cap. The relief of pain was remarkable.



2. Quadriceps

- a. Hit the entire four muscles and add in some flossing (movement of the muscles and nerves). Bending and straightening the knee while aggressively applying the massage. You can use a knee glide or fit glide.



3. Hamstring

- a. Focus on all three muscles. Can also bend and straighten the knee and add in some flossing. The flossing can be performed while gliding the foot on a slippery floor (garbage bag) or using a knee glide.



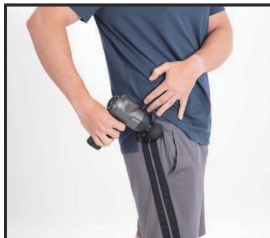
4. Calf

- a. Focus on the upper calf but not behind the knee (there are a rich supply of nerves arteries and veins in that area). Can also do flossing flex and extend the foot with your heel on the ground while applying the massage.



5. Tensor Fascia Lata massage and iliotibial band

- a. Cannot stretch the IT band but it could help loosen it if somewhat adhered down.



5. Hip adductors

- a. Inside of thigh. If tight can cause knee to bend inward- knock kneed.



Use the following guidelines to choose the appropriate 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.



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.

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)

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:



(Big & Small Round Head)

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



- 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.

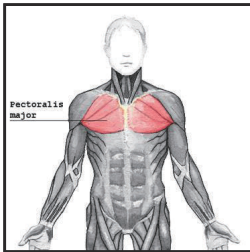


- d. Plastic Flat Head: Moderate. Okay for forearm.

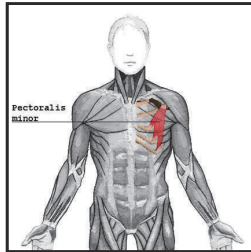
How to Use a Massage Gun for Shoulder Pain

When you have shoulder pain, and you want to use a massage gun to help decrease it keep the following issues in mind.

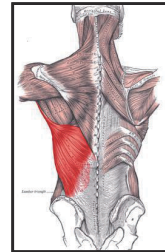
1. The Pectoralis Major and Minor, and the Latissimus Dorsi can greatly affect the posture of the shoulder if they are tight. If the three muscles are tight, they can internally rotate the shoulder and/or cause the shoulder blade to be depressed. Either issue can lead to an impingement at the shoulder. So, for many the first muscles they should massage are the Pectoralis Major/Minor or Latissimus Dorsi. We would recommend massaging across the fibers.



(Pectoralis Major)

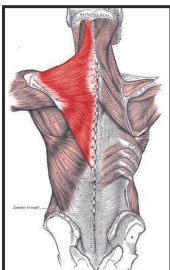


(Pectoralis Minor)

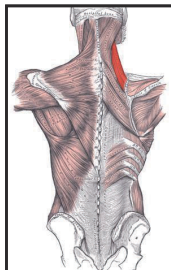


(Latissimus Dorsi)

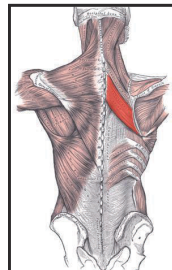
2. Muscles that can greatly affect the shoulder blade and therefore the shoulder in a secondary fashion include the trapezius, the levator scapula, and the rhomboids. If any are tight and painful, we would apply a massage to them.



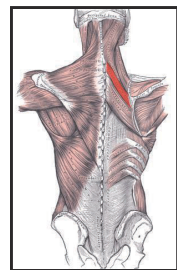
(Trapezius)



(Levator Scapula)



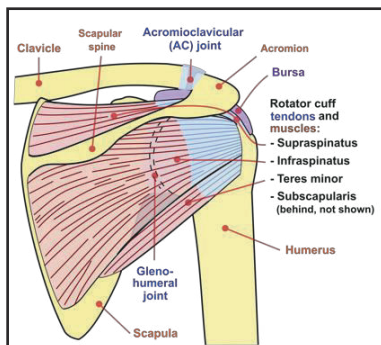
(Rhomboid Major & Minor)



3. If you are presenting with a tendonitis (bicep, or supraspinatus), cross fiber massage using the massage gun with the ball attachment. Apply the pressure of the massage head to the tendon from a sideways angle. Apply the massage across the fibers of the tendon.



4. Muscles of the rotator cuff may be sore. All four rotator cuff muscles originate within the shoulder blade (supraspinatus, infraspinatus, teres minor, and subscapularis). Because of their proximity to bone you may need to use the air-filled head attachment. The subscapularis is unreachable due to its position under the scapula. The Teres Major may also be sore.



(Rotator Cuff)

5. The deltoid muscle may also be sore and can easily be massaged.



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.



How to Use a Massage Gun on an Arthritic Joint

When you are experiencing arthritic pain in a joint you should not apply massage directly to that joint. Rather what you should do is apply massage and mobilization to the muscles that cross the joint. Muscles and tissues located above and below the joint should be targeted. Dr. Kelley Starrett, (author of best seller Becoming the Supple Leopard), refers to this as treating upstream and downstream. Tissues can include tendons, and fascia.

As an example, we just filmed a video on using a massage gun for knee pain relief. We focused on the massage of muscles and above and below the knee including:

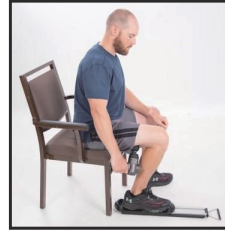
1. Suprapatellar pouch: This is the area directly above the knee.



2. Quadricep: Hit the entire four muscles and add in some flossing (movement of the muscles and nerves).



3. Hamstring: Focus on all three muscles. Can also bend and straighten the knee and add in some flossing.



4. Calf: focus on the upper calf but not behind the knee (there are a rich supply of nerves arteries and veins in that area).



5. Tensor Fascia Lata massage and iliotibial band: Cannot stretch the IT band but it could help loosen it if somewhat adhered down.



6. Hip adductors: Inside of thigh. If tight can cause knee to bend inward- knock kneed.



We would not use a massage gun directly on an arthritic neck. However, it may be beneficial to massage below the neck-the upper trapezius, the levator scapula, and the rhomboids.

Use the following guidelines to choose the appropriate 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.

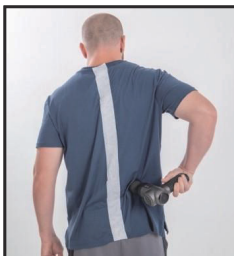


h. Field Goal: Can be used along both sides of the spine. Also, some have recommended its use on the Achilles tendon.

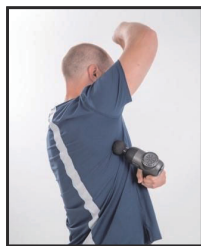


How to Use a Massage Gun for Low Back Pain Relief

After sufficiently massaging the lumbar paraspinals you may want to focus on muscles that attach to the lumbar spine through the thoracolumbar fascia. This includes the Latissimus Dorsi which has a lot of attachments into the spine and fascia. And the Gluteus Maximus.



After sufficiently massaging the lumbar paraspinals you may want to focus on muscles that attach to the lumbar spine through the thoracolumbar fascia. This includes the Latissimus Dorsi which has a lot of attachments into the spine and fascia. And the Gluteus Maximus.

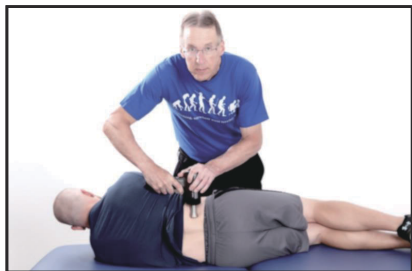


(Latissimus Dorsi)

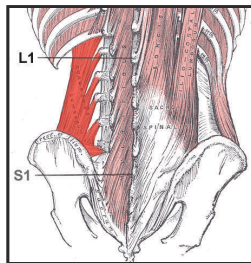


(Gluteus maximus)

You may also want to massage the Quadratus Lumborum. The muscle originates on the pelvic crest and attaches to the border of the last rib and to the side of L1 through L4 vertebra (transverse processes). It is difficult to get to because it is located deep below the erector spinae.



(How to Massage the Quadratus Lumborum)

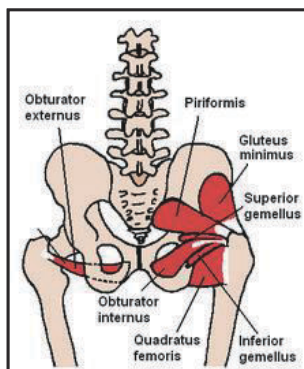


(Quadratus Lumborum)

Because of its location we would not recommend using the massager on the iliopsoas. Too hard to get to the muscle.

How to Use a Massage Gun to Treat Piriformis Syndrome/Deep Gluteal Syndrome?

What is Deep Gluteal Syndrome? Deep gluteal syndrome was formerly known as piriformis syndrome. In piriformis syndrome, the piriformis muscle (a small muscle in your buttock) would press on the sciatic nerve resulting in pain, numbness, and/or tingling down your leg. The belief now is that more muscles may contribute to the symptoms including the gemelli, obturator internus, hamstrings, and gluteal muscles.



A simple test:

Lie on your non-painful side and stack your legs on top of each other (knee to knee and ankle to ankle with the knees slightly bent). Put the top leg (foot) on the floor and spread your legs like a clamshell. You are trying to spread your legs and turn your knees outward. Have a friend resist the attempt for the legs to spread apart and rotate outward. If your symptoms are reproduced it is possible you have piriformis syndrome/deep gluteal syndrome.



The most common symptom of deep gluteal syndrome is a type of sciatica (pain, numbness, and/or tingling down your leg). In addition, you may have pain and tenderness in some of the muscles of the buttock. You may have a hard time sitting, and the pain may worsen with prolonged sitting.

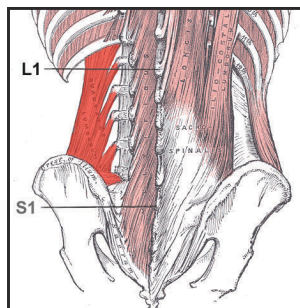
We have found massage to be one of the most effective treatments for deep gluteal syndrome. We use a massage gun because it is difficult to massage these muscles with your own hands. Your hands fatigue very rapidly.

Generally, we start with a very wide target and work in narrow. We would start massaging across the upper fibers of the gluteus maximus and the upper fibers of the hamstring muscles. Eventually if tolerated we would focus in on the piriformis and some of the muscles around it.



How to massage the Quadratus Lumborum with a Massage Gun

Quadratus Lumborum: Originates on the iliac crest and inserts on the lower border of the 12th rib and the transverse processes of L1-L4.



How does the Quadratus Lumborum get tight? One way it happens is if you sleep on the same side each night. If you sleep on the left side frequently, you will be slightly hiking the right pelvis. As such, the QL on the right side can eventually shorten.

The same is true if you tend to sit more on one side of your pelvis. The opposite side that you are sitting on will be hiked and can shorten over time.

Finally, if you sit with a flexed posture the QL can become overworked, stiff, and hypertonic (overly tensioned).

Why is a shortened QL a problem? Look at its attachments. If tight it could pull down on the rib cage or up on the pelvis. If tight the QL could also pull on the lumbar spine. All can cause an imbalance in your spine.

Massage

Have the person lie on their left side to get at the right Quadratus Lumborum (QL). The QL lies deep to the erector spinae.

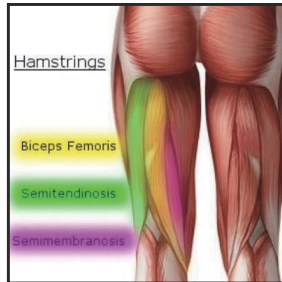


Use the pointer attachment on the massage gun. You will be massaging from the bottom of the ribs down to the pelvic crest. You should be 1-2 inches from the spine. Pressure should be applied downward. You will and the strokes can be side to side and parallel with the muscle. Focus on tender spots or knots (trigger points).

How to Massage your Hamstrings with a Massage Gun

Follow these rules: (Can do with knee straight)

1. Go against the grain (fibers)



2. Stay until you make a change - hopefully no longer painful
3. Use the correct head

- 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.



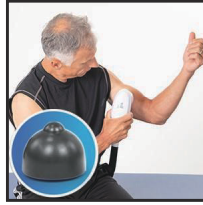
e. Plastic Flat Head: Moderate. Good on IT band, Pectoralis Major (with ribs underneath), or Plantar Fascia (bottom of foot).



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.

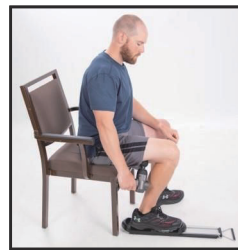


h. Field Goal: Can be used along both sides of the spine. Also, some have recommended its use on the Achilles tendon.



Flossing:

a. Seated Hamstring. Hit the entire three muscles and add in some flossing (movement of the muscles and nerves). Bending and straightening the knee while aggressively applying the massage. You can use a knee glide or fit glide.



How to Massage your Quadriceps with a Massage Gun

Follow these rules: Can do with knees straight.

1. Go against the grain (fibers)



2. Stay until you make a change - hopefully no longer painful
3. Use the correct head:

- 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.



- a. 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.



f. Knobby Attachments: Generally, for larger muscles. More aggressive.



f. Field Goal: Can be used along both sides of the spine. Also, some have recommended its use on the Achilles tendon.



Flossing: Seated Quadricep. Hit the entire four muscles and add in some flossing (movement of the muscles and nerves). Bending and straightening the knee while aggressively applying the massage. You can use a knee glide or fit glide.



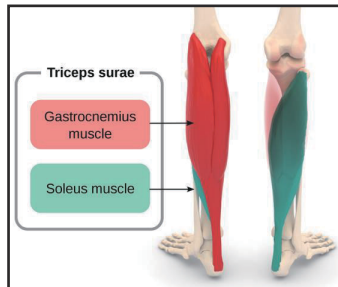
How to Use a Massage Gun on Calf Muscle Pain

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.



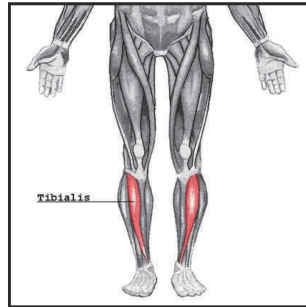
6. Attempt to perform flossing while massaging the calf muscle. Move foot up and down and side to side. Cross legs and put ankle on opposite knee.



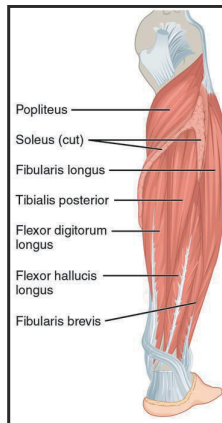
How to Use a Massage Gun on Shin Splints

Shin splints is sort of a garbage can term usually referring to pain on the front of your shin (anterior shin splints) or more to the inner side of your shin (posterior shin splints) (medial tibia stress syndrome).

To be more specific, in anterior shin splints the pain is usually felt high up on the shin and on the outside. The muscle involved is the anterior tibialis muscle.



Pain felt on the inside of your shin closer to the foot and slightly behind the ankle bone is characteristic of posterior shin splints. Usually involves the posterior tibialis muscle. In severe cases may also involve the flexor digitorum longus and the flexor hallucis longus muscle. One may feel increased pain with rising on your toes or everting your foot.



In both anterior and posterior shin splints, you may have microtears in the muscle along with periostitis- an inflammation of the periosteum, a layer of connective tissue that surrounds bone.

Both types of shin splints are exercise induced. Better with rest. Pain may involve cramping or burning. Worse with palpation. 2-3 inches of pain length can be palpated.

Also, in both cases if the tenderness is more focused (point tenderness) it could be a stress fracture. If you have the 5 Ps you could have compartment syndrome-pain, pallor (pale skin tone), paresthesia, (numbness) pulselessness (faint pulse) and paralysis (weakness with movements).

If tolerable the massage should be done before and after exercise.

Before you begin the massage 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.



Techniques can include stripping massage (parallel to the muscle fibers and cross fiber massage to any knots or trigger points. One can also move the foot up and down and side to side while applying massage (a type of flossing).



Massage should not make your pain worse although it may be somewhat uncomfortable. You should stay on an area until the pain decreases.

Head attachment choice can be based on the following:

- 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



- d. Bullet Head attachment: Aggressive. We have found to be helpful with treating trigger points or knots.



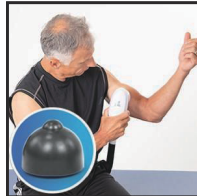
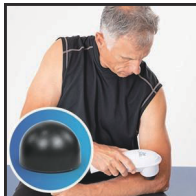
e. Plastic Flat Head attachment: Moderate. Good on IT band, Pectoralis Major (with ribs underneath), or Plantar Fascia (bottom of foot).



f. Steel Flat Head attachment: (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.

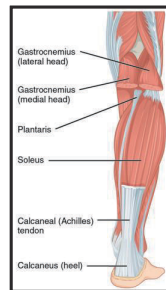
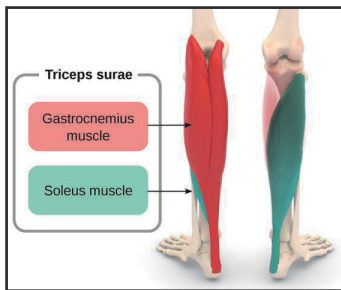


How to Use a Massage Gun on Achilles Tendonitis

What is Achilles Tendonitis? Achilles Tendonitis presents with pain over the Achilles tendon, the band of tissue used to connect your calf muscles to the heel of your foot.

In using massage, we would recommend massaging the calf muscle as well as the tendon itself.

The Achilles tendon can develop microtears and inflammation often from overuse of the calf muscles. The calf muscles are mainly the gastrocnemius and soleus muscles found in the calf region and they assist in bending the foot into flexion or down. Or help you raise on your toes.



General Massage

First, we will have you massage the calf muscles. You want to keep them supple and mobile to decrease the amount of stress on the Achilles tendon. Massage can be performed across the muscle fibers and lengthwise. Also attempt to perform flossing while massaging the calf muscle. Cross legs and put ankle (Achilles' tendonitis side) on opposite knee. Move the foot up and down and side to side while massaging calf.

Cross-fiber Massage

This massage should be performed across the fibers of the tendon. The massage should be aggressive if tolerated. The cross-fiber massage should be done to the sides of the tendon as opposed to the back. It is usually more effective when done to the sides of the Achilles tendon.



Try the ball head attachment in a side fashion not directly on the tendon. (See photo) If you begin to tolerate the ball, try the flat head with the rounded sides. Again, use in a side fashion and use on the sides of the Achilles tendon.



How to Use a Massage Gun on Patellar Tendonitis

What is Patellar Tendonitis?

Patellar tendonitis is an injury to the tendon connecting your kneecap, (patella) to your shinbone. The patellar tendon works with the muscles at the front of your thigh (quadriceps) to extend your knee so that you can jump, kick, and run. In fact, patellar tendonitis is also known as jumper's knee and is most common in athletes whose sports involve frequent jumping (basketball, volleyball, and high jump would be three examples). However, even people who do not participate in jumping sports can get patellar tendinitis.



(Shown in red)

In using massage, we would recommend massaging the quadricep muscles as well as the tendon itself. The four quadricep muscles blend and attach into the patella which then attaches to the shinbone by way of the patellar tendon.

The patellar tendon can develop microtears and inflammation often from overuse of the tendon. You will perform cross fiber massage on the tendon, but you first start with a general massage to the quadriceps. You want to keep them supple and mobile to decrease the amount of stress on the patella and patella tendon. Massage can be performed across the muscle fibers and lengthwise. Also attempt to perform flossing while massaging the quadriceps muscle (bend and straighten the knee while massaging the quadriceps).



Cross-fiber Massage on the tendon

This massage should be performed across the fibers of the tendon. The massage should be aggressive if tolerated. Try the ball head attachment in a side fashion not directly on the tendon. If the pain does not improve within 30 seconds and in fact gets worse - STOP IMMEDIATELY. Continue to massage the quadricep and try the tendon again in a few days. The tendon massage if tolerated can be performed up to 15 minutes a day. If you begin to tolerate the ball attachment, try the flat head with the rounded sides. Again, use in a side fashion and use on the sides of the Achilles tendon.



For the Quadriceps you can consider use of the following attachments. Head attachment choice can be based on the following:



- 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.



(Big & Small Round Head)

- b. Small Round Head Attachment: Less aggressive to moderate. Great for tendonitis if used sideways.



- 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). Great for tendonitis if used sideways.



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.

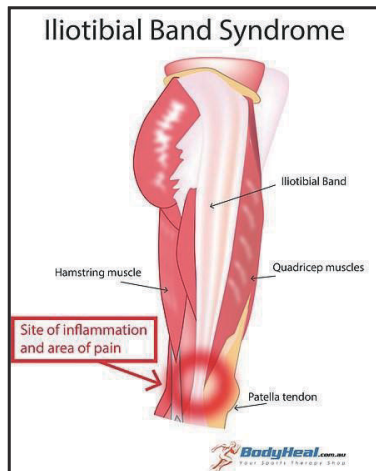


h. Field Goal: Can be used along both sides of the spine. Also, some have recommended its use on the Achilles tendon.



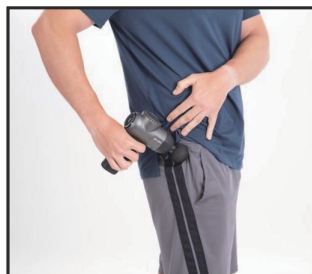
How & Why to Massage the I.T. Band (Iliotibial Band)

The Tensor Fascia Lata muscle attaches to the Iliotibial Band. Tightness in both structure on both legs can cause an anterior pelvic tilt and a person to be knock kneed. Tightness of these two structures can also lead to I.T. band syndrome. I.T. Band Syndrome can cause an aching burning pain on the outside of your knee. Pain can also refer up the hip. The pain is usually brought on by a repetitive sport injury such as running or biking. In addition to the pain, one may also experience clicking, popping, or snapping on the outside of your knee. One may also feel warmth or see redness on the outside of the knee.



Apply the massage.

1. One will first want to massage the Tensor Fascia Lata.
 - a. Note the location - attaches to the Anterior Superior Iliac Spine and into the I.T. (iliotibial band). You will not be able to stretch the I.T. Band per se. It is very thick and strong. Could lift a Volkswagen with it. However, it is possible the I.T. Band has gotten adhered down and need to be massaged to loosen up the adhesions. Again, note the location.

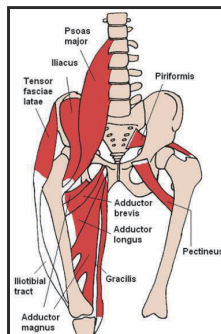


How to Use a Massage Gun for Hip Pain

When massaging the hip, your primary focus should be not only on the muscles that attach to the hip but also the muscles adjacent to the hip. As Kelly Starrett (author of *Supple Leopard*) calls it “upstream” and “downstream”. You can use any massage head that you find effective. See guide below. Always start at the lowest variable speed and work your way up.

Some of the hip muscles are very deep and under other muscles. Therefore, they are hard to get at.

But overall, we want to massage the hip flexors, hip extensors, hip external rotators, hip internal rotators, hip adductors, and hip abductors.



Rules:

1. You do not need to massage any muscle that is not sore or tight.
2. Avoid pulse and lymph nodes.
1. Go against the grain (fibers) and with the grain.
2. Stay until you make a change - hopefully no longer painful.
3. Use the correct head.

Head attachment choices can be based on the following:



- 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.



(Big & Small Round Head)

- b. Small Round Head Attachment: Less aggressive to moderate. Great for tendonitis if used sideways.



- 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). Great for tendonitis if used sideways.



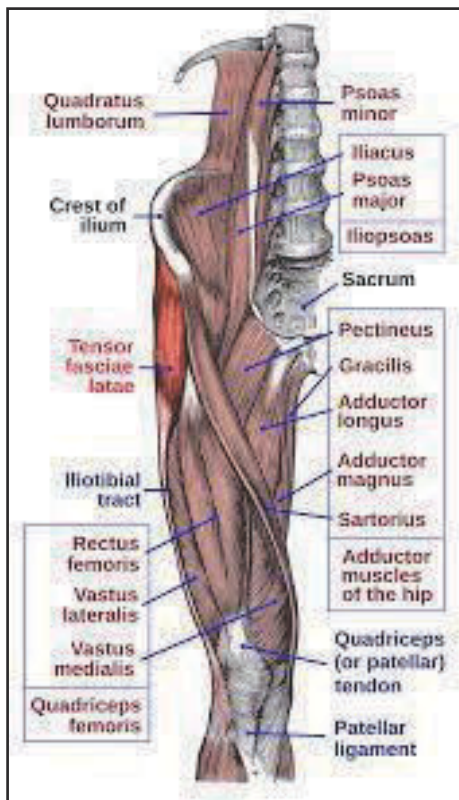
f. Steel Flat Head: (Can be heated up or cooled down prior to use). Moderate to Aggressive.

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.





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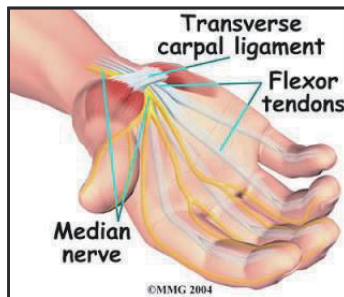
How to Use a Massage Gun for Carpal Tunnel Syndrome

How can massage help Carpal Tunnel Syndrome? Doesn't the median nerve get entrapped?

Yes, but hear us out. Upton and McComas years ago suggested a phenomenon known as double crush syndrome. They suggested that a high portion of patients with a peripheral lesion (for example the median nerve at the carpal tunnel) also had a second lesion elsewhere. For example, in the neck or forearm. They implied both lesions contributed to symptoms. In other words, pressure on the median nerve in the neck or forearm made the median nerve more sensitive in the carpal tunnel.

The median nerve (nerve roots) can get irritated in the neck. It can also get entrapped or irritated in the pronator teres in the forearm. So, we often treat the neck with posture and exercises and also massage the muscles of the forearm.

Also consider this: The carpal tunnel contains the median nerve along with 9 muscle tendons (the four tendons of the flexor digitorum profundus, the four tendons of the flexor digitorum superficialis, and the flexor pollicis longus (FPL) tendon).



Stick around and we will show these muscles at the end. The median nerve also innervates these muscles. If these muscles are tight and it stands to reason they may place more stress on the tendons going through the carpal tunnel and put more stress on the median nerve.

Therefore, we find it makes sense to massage the muscles of the forearm and even the meaty part of the thumb (thenar eminence). The pronator teres originates immediately above medial epicondyle (inside bump of your elbow).



(thenar eminence)



(Pronator teres origin)

Head attachment choices can be based on the following:

- 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). Great for tendonitis if used sideways.



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.



How to use a massage gun for Trigger Finger

Trigger finger is a condition in which one or more of your fingers or thumbs gets stuck in a bent position. Your fingers or thumbs may bend or straighten with a snap - like a trigger being pulled and released.



Trigger finger is also known as stenosing tenosynovitis (stuh-NO-sing ten-o-sin-o-VIE-tis). Inflammation narrows the space within the sheath that surrounds the tendon in the affected finger. Often you may develop adhesion in the sheath that can also narrow the sheath. If trigger finger is severe, your finger may become locked in a bent position.

If your work or hobbies require repetitive gripping actions you are at a higher risk of developing trigger finger. Trigger finger is also more common in women and in anyone with diabetes.

(See demonstration of knot going through pulley)

Symptoms may include:

1. Finger stiffness, usually more pronounced in the morning
2. A popping or clicking as you move your finger
3. A nodule or a bump in the palm at the base of the affected finger which may be tender.
4. Finger catching or locking in a bent position. It may suddenly pop straight
5. Finger locked in a bent position, which you are unable to straighten

Trigger finger can affect any finger, including the thumb. More than one finger may be affected at a time, and both hands might be involved.

Massage

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. Massage until no longer tender.



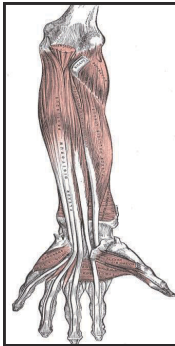
Over the nodules or bumps and the base of the fingers you should try cross fiber friction massage over tendons. Start with the small ball attachment and you may eventually work up to the flat head attachment with rounded edges.



You will turn the head attachment sideways to apply the cross-fiber massage. If still too tender after 30 seconds stop the massage and try another time. If tolerated may go up to 5 minutes. May do 3x per day if tolerated on a following day.

Darn my Hand and Wrist hurt from Gaming!

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. **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 or tenosynovitis 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 the palm of the hand and the palm side of the fingers.



- d. Bullet Head attachment: Aggressive. May be helpful with treating trigger points or knots in the forearm.



- e. Plastic Flat Head attachment: Moderate. Good on IT band, Pectoralis Major (with ribs underneath), or Plantar Fascia (bottom of foot). Great for tendonitis if used sideways.



- 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.



7 Ways to Reduce Muscle Soreness (INSTANTLY)

1. Drink water immediately after working out. May add salt or Nuun tablet.
2. Eat something within 20-40 minutes of working out.
3. Keep moving. Cool down.
4. Massage gun as alternative to keep moving.
5. Wear compression socks after working out.
6. Get plenty of sleep. One of the best recovery things you can do.
7. Take a vitamin D3 to help with muscle recovery.

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