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# Theragun: How to use it, what it does, and why you need one

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## How a powerful massage gun reshaped recovery

For over a decade, Dr. Jason Wersland has dedicated his life to helping people understand the importance of recovery. After suffering a debilitating injury in a motorcycle accident, he began his journey of developing a tool that would give him lasting relief from the pain. That mission has led to the creation of the best massage gun on the market, Theragun.

What started in his garage as a modified power tool, Theragun has evolved through 4 generations of science-driven improvements. Working alongside MIT engineers, Dr. Jason designed and equipped each device with the highest quality motors from around the world. This gives you a deep yet quiet massage without sacrificing on quality.

### What is a Theragun — and why should I use one?

Thergun is a whisper-quiet, powerful massage device used to increase blood flow and flush out metabolic waste from your muscles with targeted deep-tissue massage.

So why use Theragun? For starters, Theragun is a completely natural alternative that allows you to feel better without medications, supplements, or stimulants. Theragun also puts *you* in charge of your own recovery. You can treat yourself wherever, whenever you'd like.

Not just for serious athletes, Theragun was created to help everyday people find quick and lasting relief from everyday ailments. From treating knots and sore muscles to workout recovery, this device was designed with you in mind.

Dr. Jason shares the importance of developing a research-based, natural way to recover:

*"Theragun has helped me realize the power of natural solutions that are backed by science. I found that using science and technology to guide natural processes makes a real difference in the lives of people who are looking for ways to feel better, naturally. As a company, we're continuously innovating, conducting research around the world. As we continue to learn about and create new natural wellness solutions, we intend to share what we know with you."*

### How does Theragun work?

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## How does Theragun work?

Theragun pioneered a revolutionary field of recovery known as percussive therapy (not to be confused with vibration therapy). This works by delivering a unique combination of targeted deep-tissue massage, at a high-speed frequency, with the ability to apply sufficient force to the area.

Every Theragun reaches 16 mm (60% deeper than other massage guns) into your muscle, increasing circulation. This supports your body's ability to repair and helps you feel better.

Each device touches and retracts away from the body 40 times per second (per second!), a precise calibration that distracts the brain away from pain while also delivering deep, effective treatment.

The powerful and deceptively quiet motor allows you to apply ample downward pressure to your muscles without causing damage, and without stalling out like other massage guns.

Percussive therapy has many benefits beyond just immediate tension relief, including hydrating your muscle tissue, improving mobility, decreasing lactic acid, increasing blood flow, and decreasing muscle soreness and stiffness.

## How often should I use my Theragun?

This depends on the area you're treating and the length of each session. We recommend a minimum of 15 seconds and a maximum of 2 minutes per muscle group. A full-body session should not exceed 15 minutes. For best results, Dr. Jason recommends 2-3 times per day for his patients.

Theragun is also effective at getting your body ready for activity, as well as activating muscles during your event.

**Pre-activity warm-up**

Prior to workouts or physical activity, float your Theragun for up to 30 seconds to instantly activate and "wake up" your muscles.

**During activity**

Reactivate muscles during your workout or any activity by using your Theragun for 10-15 seconds on the muscle group. This will re-energize, relieve muscle spasms and fatigue, and keep muscles active.

**Post-activity and recovery**

Float your Theragun for up to 2 minutes for muscle recovery post-workout to decrease soreness on any muscles that require immediate pain relief.

## Why is Theragun the best massage gun?

Theragun is dominating the massage gun market because this device doesn't cut corners, or sacrifice quality for quantity. Every tool meets specific, clinically-tested guidelines that are proven to help you feel better, and can even improve your sleep!

Theragun's shape was also specially designed to prevent causing strain on the body during use. Each device features a patented Theragun Triangle multi-grip design that allows you to hold the tool in a variety of positions—alleviating any tension and fatigue caused by gripping awkwardly while trying to massage hard-to-reach spots. Say goodbye to the hammer-like, straight grip of other massage gun devices available.

**Quick Guide to Using Theragun**

Whether you're recovering from a hard workout or just revamping your body after a long day, here's how you can quickly find balance:

1. Turn on the Theragun before putting it on your body. This way, you can adjust to your preferred power before getting started.
2. Now, rest the Theragun on your body. The key here is to just let it float on the surface of your muscle without any additional pressure.
3. Glide the Theragun along your desired area, slowly. If you discover a knot or high-tension area, spend some extra time on that spot. You can also apply additional downward pressure to help release tension in troublesome spots. The best part? The Theragun PRO can withstand (an almost unheard of) up to 60 lbs. of pressure without stalling.
4. Finally, breathe, relax and let Theragun melt away your stress. Take deep breaths to let out all that tension.

**What Theragun is right for you?**

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**What Theragun is right for you?**

With an entire suite of Theraguns available to choose from, finding the perfect fit for you is easy! Here's your quick guide to choosing the right one for you.

Theragun PRO: For those who want the power and customization that professional athletes, trainers, chiros, and PTs need. We stand by PRO's professional-grade durability with an industry-leading 2-year warranty. Featuring a rotating arm, QX150 Motor with QuietForce Technology™ and a 300-minute battery life.

Theragun Sense: For those who want a relaxing massage therapy to help relieve pain, ease soreness, reduce stress and improve sleep. It features an easy-to-use LCD screen that visually guides you through step-by-step massage routines.

Theragun Prime: For those who want a simplified, straightforward percussive therapy experience. This streamlined smart device prioritizes the essential features you need while maintaining the power and effectiveness of Theragun's deep muscle treatment. Powered by a QX65 Motor with QuietForce Technology™, offering a 120-minute battery life.

Theragun mini: The mini is your pocket-sized, go-anywhere partner. Compact but powerful, Theragun mini is the most agile massage device that goes wherever you go. It's the perfect on-the-go extension of your recovery routine and percussive therapy experience.

To really maximize your recovery, download the Therabody app! This comprehensive wellness app learns from your real-time activity and behaviors, integrating with Apple Health and Google Fit to recommend guided, personalized wellness routines that can be run on our Bluetooth® enabled devices.

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