

THERAGUN

Guide

THERAGUN

Compiled by Vitality2Go

vitality2go.com
#CRUSHPAIN



Contents

- Product description*..... 3
 - Introduction..... **Error! Bookmark not defined.**
 - Products..... **Error! Bookmark not defined.**
 - System Features **Error! Bookmark not defined.**
- Benefits*..... **Error! Bookmark not defined.**
 - Main Benefits of NormaTec..... **Error! Bookmark not defined.**
 - Main Benefits of Compression Therapy **Error! Bookmark not defined.**
 - Why are Athletes using NormaTec? **Error! Bookmark not defined.**
 - When and How often can NormaTec Be used?..... **Error! Bookmark not defined.**
 - Does NormaTec help with Injuries?..... **Error! Bookmark not defined.**
- How does it work?* **Error! Bookmark not defined.**
 - The NormaTec Pulse Massage Pattern..... **Error! Bookmark not defined.**
 - Goal **Error! Bookmark not defined.**
 - Customer Base..... **Error! Bookmark not defined.**
 - What Makes NormaTec Recovery Systems The Best? **Error! Bookmark not defined.**
- Why does it work?* **Error! Bookmark not defined.**
 - Evidence Summary **Error! Bookmark not defined.**
 - Published Studies **Error! Bookmark not defined.**
 - Other Supportive Studies **Error! Bookmark not defined.**
 - NormaTec Studies **Error! Bookmark not defined.**
- Source Links* **Error! Bookmark not defined.**

Product description

Website

<https://theragun.com/>

<https://theragun.com.au/>

Introduction



The TheraGun was invented by chiropractor Jason Wersland, D.C, after a motorcycle accident left him with a herniated disc and back pain. To help manage his pain, Wersland decided to try percussive massage therapy, which he defines for SELF as a "form of deep soft tissue manipulation." Think of the percussive motion as a beating or hammering movement, versus just vibration. He created the TheraGun to bring this therapy to athletes looking for ways to improve muscle recovery.

Description

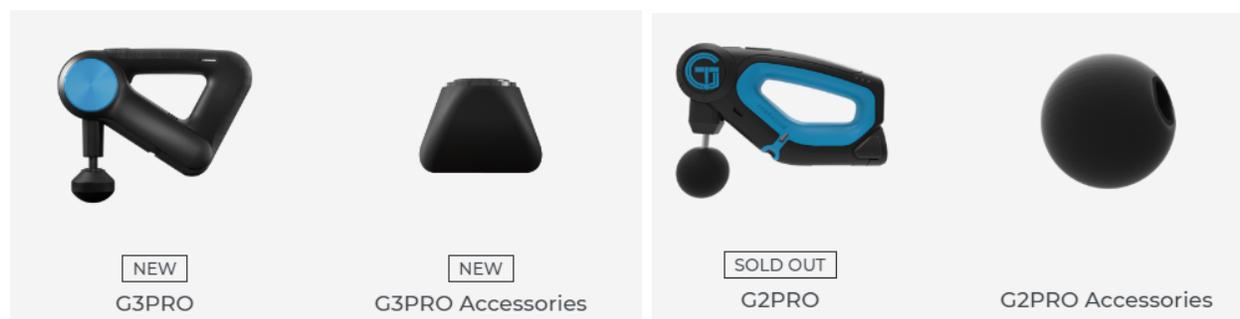
The Theragun is a power-tool like piece of fitness equipment used by fitness enthusiasts as a muscle recovery device. Although it looks vastly different from other fitness equipment it's a powerful gadget in the right hands.

It would be an understatement to say the Theragun has made an impact on people. It has taken the fitness equipment industry by storm. This patent pending tool is fast emerging as one of the best muscle recovery tools used by bodybuilders, athletes, sports people, physiotherapists, chiropractors, and anyone interested in relaxing and loosening tendons and muscles.

Who Can Use the Theragun?

When the Theragun tool was launched by Dr. Jason Wersland its intended customers were athletes and professional sports physiotherapists who are aiming for speedy muscle recovery. However, it was soon adopted by anyone wanting to alleviate pain, loosen muscles, and also improve blood circulation. Although tagged as 'muscle management' equipment its uses extend far beyond what was intended.

Products Offered In the Market



G3PRO



Features

- Adjustable Arm For a Full-Body Reach
- 16mm Amplitude
- 2-Speed Functionality
- Continuous Battery Life

DESIGNED WITH SOUND IN MIND

Their proprietary gear box has been newly designed to muffle the G3PRO's powerful motor, resulting in a 50% decrease in sound.

G3PRO

- Travel Case: 2x Lithium-ion Batteries
- Attachment Pouch: Lithium-ion Battery Charger

Attachments

- Dampener: Tender areas or near bones
- Large Ball: Large muscle groups
- Standard Ball: Overall use
- Wedge: For scraping, shoulder blades or IT bands
- Thumb: Lower back and trigger point therapy
- Cone: Pinpoint muscle treatment

Specs

Function

- Amplitude: 16 mm
- Stall Force: 60 lbs
- Frequency: 1750 & 2400 RPMs

Construction

- Frame: Professional grade plastic composite
- Internals: Industrial grade Japanese motor

Battery

- Battery Life: 75 minutes per battery, (two batteries included for continuous battery life)
- Type: 2x Samsung Lithium-ion 4 cell, 2.5 amp

Measurements

- Weight: 2.90 lbs
- Dimensions: 257 mm x 205 mm x 68mm

G2PRO



Professional grade percussion therapy device providing a deep percussive massage to reduce muscle and joint pain, improve mobility, and enhance performance.

Accessories

- Deluxe Protective Carrying Case
- Lithium-ion Charger
- Two (2x) Rechargeable LithiumTech Batteries
- AmpBITs Carrying Case

AmpBITs

- Cone: Small muscle groups (e.g., feet and wrist) and trigger points
- Dampener: Bone and sensitive areas
- Standard Ball: General use
- Large Ball: Large muscle groups (e.g., quads, glutes and extreme muscle groups) and joint soreness

Specs

Measurements

- Weight: 2 lbs and 7.6 oz
- Dimensions: 8.5" x 5.5" x 2" (inches)

Construction

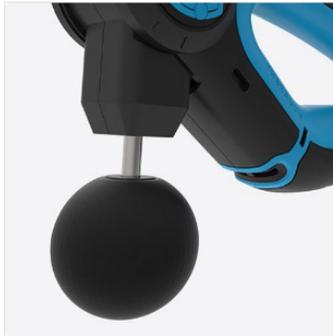
- Frame: Professional-grade nylon
- Internals: Heat-treated steel gearbox
- Battery: 12V LithiumTech

Features

- Strength: 80 lbs of pressure with a 16mm amplitude at 2,400 revolutions per minute, for deep muscle activation and recovery

- Angle: 4 variations in placement angle, for a full body reach
- Battery Life: 40 - 45 minutes, unlimited usage with two included LithiumTech batteries
- Attachments: Quick-release to change AmpBITs on the fly

Key Features



40 percussions per second for muscle activation and pain relief



Four different placement angles allowing for a full-body treatment

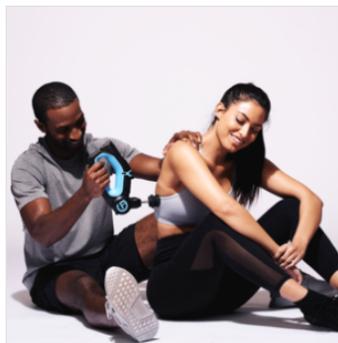


Unlimited usage with two rechargeable lithium batteries

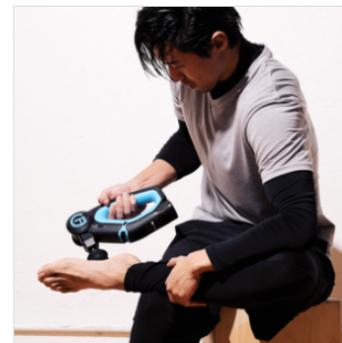
Benefits



Increases lymphatic flow & reduces lactic acid



Customizable treatment for muscles, joints and trigger points



Helps relieve muscle fatigue, soreness, spasms and stiffness

Suggested Product Positioning

Treat pains and ailments



Lower Back Pain



Tight Shoulders



Carpal Tunnel



Plantar Fasciitis



Shin Splints



Tennis Elbow



Bicep Tendonitis



Bursitis

Treat the upper body



Neck



Upper Back



Lower Back



Chest



Deltoids



Upper Arms



Forearms



Hands

Treat the lower body



Glutes



Hip Flexors



Hamstrings



Quads



Adductors



IT Bands



Calves



Shins



Feet

Press Opinion

That power-drill look-alike in the locker room? It could be a career extender

Good Vibes Only: Percussive Massage Therapy Devices Are Making Waves in Sports

Soothe muscles, release knots, & move pain free with these great body work tools.

Treating chronic pain without pills: Acupressure, tune-up balls and more

Meet the Theragun, the NBA's Secret Sideline Weapon

How to Never Miss a Workout When You Travel

Wellness Expert Margaux Lushing On The Importance Of Recovery

Could The Secret Weapon Of Pro Athletes Help Keep Runners Healthy?



How is the Theragun used?

Pre exercise

- Decrease pain
- Increase mobility/Break up scar tissue
- Improve muscle coordination

During exercise

- Increase activation of muscles
- Increase blood flow
- Prevent muscle fatigue and soreness

After Exercise

- Increase lymphatic drainage
- Decrease muscle soreness and tightness
- Calm the nervous system and accelerate recovery

Main Pros & Cons

PROS	CONS
Durable, compact and portable	Expensive
Easy to use	Short battery life
Operates at a frequency range of 60 –	Loud

Has ½-inch amplitude	
Comes with 6 different angles	
Rechargeable lithium battery, One	

Downsides

It goes without say that most good products have their negative sides and the TheraGUN is not an exception to this. One of the greatest and most noticeable problem with this device is the level of noise it makes. It is so loud and many people find it difficult to use it in the areas around the neck and shoulders. The sound level was calculated and found to be around 105dc. This is not only a problem to the user but also to the other people who are around the place it is being operated.

The best way to use it therefore is by investing in a set of earplugs which will greatly minimise the noise.

The second problem is that it doesn't have rechargeable batteries. Once the battery is flat you need to purchase a new set of batteries. The good thing is that the device is made in such a way that the battery use is greatly minimised which means that you will not have to change the battery regularly.

To avoid inconveniences, it is important that you stock up on extra batteries so that your sessions are not cut short. To get the best quality batteries, which lasts a longer time it is important to buy batteries which are approved by the manufacturer.

Included with Theragun

- Travel Case with 2 Lithium-ion Batteries
- Attachment Pouch with Lithium-ion Battery Charger

- Attachments:
- Dampener for tender areas or near bones
- Large Ball for large muscle groups
- Standard Ball for overall use
- Wedge for scraping, shoulder blades or IT bands
- Thumb for lower back and trigger point therapy
- Cone to pinpoint muscle treatment

How does it work?

How it works and benefits

The Theragun uses special vibration therapy to produce the desired results. The use of power-tool like design ensures the vibration is fully focused on a single point for maximum benefit. According to the manufacturers, there are enough research data to show that effective muscle management can result in a rapid recovery from injuries and improve the overall performance of the muscles. The Theragun promotes the recovery process by targeting fast and rhythmic vibrations at the affected muscle.

The benefits of using the Theragun are:

- Reduction in pain
- Releasing of muscle spasms
- Restoring of normal muscle and tissue function
- Increase in lymphatic flow
- Reduction in buildup of lactic acid in the muscles
- Faster rehabilitation and reduction in recovery time
- Improving blood flow
- Breaking up of scar tissue

Benefits sorted by type

FITNESS:

- Total body recovery in 15 minutes
- Reach 90% of the body with the rotating arm and ergonomic hand for full body recovery
- Accelerate warmup and recovery by targeting each muscle group for 15 seconds
- Target each muscle group for 2 minutes to decrease post-workout soreness

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- Prevents and breaks up adhesions
 - Improves muscle coordination and mobility to prevent injury.

WELLNESS:

- Natural, pill-free pain relief
- Relieves muscle spasms and replenishes energy through more hydrated muscles
- Better sleep; Promotes better posture and body awareness
- Relieves body soreness from travel and jetlag
- Replaces stretching in your daily routine.

PAIN:

- 2,400 RPMs for pain relief
- Releases knots and can withstand up to 60lbs of pressure
- 16mm of amplitude allows for deeper muscle treatment
- 2 speeds for unique treatment and different pain thresholds
- Promotes overall range of motion
- 6 physician-designed attachments for targeted muscle treatment

One feature that firmly places it among the leaders in the handheld vibration therapy device market, is that it is very easy to operate and the operation time is also very short. The handle is neither too big nor too small and offers a very comfortable hold.

For best results you only need to use it for a maximum of 5 minutes, using it for more than 5 minutes may have some undesirable side effects. The fact that it runs on one speed helps to make it much easier to use.

Using the TheraGUN before a work out is a great way to get the muscles ready for the actual exercise, this is because the vibrations warm up the muscles and makes them flexible this makes it much easier for a person exercising to engage in the work outs.

Soreness after working out is one great problem which most athletes face, there isn't a better way to reduce soreness than with the vibration therapy. The warmth that

comes from the vibration, relaxes tired muscles and offers quick recovery from soreness.

Lactic acid build up is another one of the greatest concerns of many athletes or even people who regularly work out. When used in between work outs, the TheraGUN greatly reduces the build-up of lactic acid. It also offers great relief when used immediately after work outs.

The gentle yet powerful force is great for soft tissue release and is a great step for soft tissue care. It helps that it is also good at trigger point release.

Further Analysis

- Professional-grade percussive therapy combines the science of our 16 mm amplitude, frequency, and torque - the essential triad required to relieve pain, improve movement, and aid in recovery. The G3PRO uses these three principles to speak to your body in a language it can understand.
- Amplitude: The proprietary 16 mm amplitude provides deep muscle relief, and overall recovery, decreasing pain and increasing range of motion.
- Frequency: The G3PRO operates at a frequency of 2400 RPMs, the optimal calibration for encouraging the Gate Control Theory of Pain - essentially overriding your brain's response to pain.
- Torque: With a high-quality industrial-grade motor, the G3PRO can withstand up to 60lbs of pressure. Without stalling.
- Theragun worked closely with mechanical and sound engineers from MIT to design the functional elements of the new G3PRO.
- They fully redesigned our gearbox from scratch, and reduced the overall noise levels without sacrificing our strict performance requirements of amplitude, frequency, and torque.
- With the newly-crafted gearbox, high precision machinery, and state-of-the-art sound insulating techniques, they were able to reduce the noise of the gearbox by more than 50% from our earlier models.

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- The G3PRO comes with 2 Samsung lithium-ion 4 cell, 2.5 amp batteries, made to easily swap out for continuous run time. Charge one battery in the charger while the other is in use in the G3PRO. Or conveniently charge the G3PRO with our new World Travel Charger, or with the Theragun Charging Stand.
 - The G3PRO is physician-calibrated and ergonomically sound.
 - Perfectly weighted for a 50:50 balance, the unique design is expressly made for optimal use for professionals with zero stress or pressure on forearms, wrist, or hands.
 - The ergonomic handle and grips allow you to simply float the device on the body, and let the G3PRO do all the work.
 - Everyone has a tennis ball. But their attachments have been precisely engineered to cater to everybody's needs.
 - Theragun's wide range of G3PRO attachments offer a different shape and level of firmness, and are expertly designed to treat the unique needs of all muscle groups. The new attachments glide easily on the skin and clothes. Lotions, oils, and sweat can now be easily wiped away with our closed cell PU foam, making the attachments more hygienic.
 - The attachments are fast and easy to swap out, allowing for speedy treatment.
 - The G3PRO's 4 adjustable angles allow for different fascial and muscular needs, creating the perfect, ergonomic angle to achieve its maximum potential of treatment - whether you're treating yourself or others.
 - The G3PRO's articulating arm provides essential ergonomics to maximize the effects of percussive therapy. Critically, their proprietary ergonomic design alleviates pressure from the user's joints, wrists, elbows, shoulders, while still providing a highly effective treatment. The device is doing the bulk of the work for you.
 - As the 7th generation product of Theragun, the G3PRO is the culmination of 10 years of research and development, testing, and constant scientific improvements.
 - Theragun don't just make a new product. They make a new product that lasts. To that end, they put the G3PRO through the ringer with countless quality control tests, creating more extreme drop tests, testing for effectiveness, functionality, durability, quality, and state-of-the-art ergonomics.

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- Theragun are their own harshest critic, and reject anything that doesn't meet our exacting standards.

Why does it work?

Experts' Opinion on Effectiveness

Ultimately, the TheraGun—and similar devices—just gives you a high-powered massage, William Oswald, D.P.T., clinical instructor of rehabilitation medicine at NYU Langone's Rusk Rehabilitation Center, tells SELF. "The idea behind [the TheraGun] is to improve blood flow and circulation, which is good for short-term relief of acute muscle soreness, but it doesn't have long-term benefit," Oswald explains. You can use the TheraGun the same way you would use a foam roller or massage ball to roll out a tight or sore muscle, he adds, but the force it produces may actually help you reach deeper muscles.

"Percussive massage therapy can be used on anyone," Dan Giordano, D.P.T., C.S.C.S., cofounder of Bespoke Treatments Physical Therapy, tells SELF. Its potential to relieve pain is based on a medical idea known as the gate control theory, he explains. In essence, the theory suggests that providing a sensory input, like the nonpainful stimulation from the TheraGun, to a spot that hurts, may help temporarily block the pain signals (or "close the gates") traveling to your brain.

Keep in mind that while the TheraGun—and other massage devices—may be a temporary fix for local, low-level, muscle-related pain, Oswald says, you should see a physician if you experience any intense, widespread pain, or think you may have an actual injury. Normal muscle soreness usually feels achy, stiff, tight, or tender, and eases up after a few days; an injury will often cause a sharp, stabbing, or deep pain that lingers.

"When you constantly use [a device] to block the pain stimulus, you're just getting a quick solution," says Giordano. That's fine to potentially help dull pesky post-workout soreness.

A decent amount of research suggests self-myofascial release (self-massage) can have positive effects ranging from increased flexibility to enhanced recovery. Some research even suggests that massage therapy after strenuous exercise may help reduce delayed-onset muscle soreness (DOMS) and improve muscle performance. But devices like the TheraGun are still waiting to be put to the test. "There hasn't yet been a randomized, controlled study of hundreds of people," says Giordano.

Despite the lack of research on the tool's benefits, neither of the experts in this story are concerned about its safety. "I think this is a great tool if used correctly," Giordano says. That means using the device to help ease soreness when it's appropriate, and not using it in place of treatment for an actual injury.

Vibration Massage for Muscle Recovery and Regeneration

Tapotement massage is simply a rhythmic activity in any form by caused by soft tissue manual therapists. Lateral vibration patterns developed by the legendary Waldemar Matuszewski are extremely effective for loosening muscle tone. With vibration massage, the most common debate we see concerns the overall argument about massage in general: Does it work?

In theory, if a massage is designed to wake up the body and stimulate a stress response, how does it create a recovery response? Second, even if it does create a regeneration effect on the body, how long does it last and how can we measure it? I've asked these timeless questions about massage and regeneration techniques for nearly twenty years, and believe I have a scientific answer at a time when science is struggling to explore muscle physiology.

Massage does work, but only if the right instrumentation is used. Elastography, Tensiomyography, and Myotonometer are the only tools that make headway in the understanding of the properties of tissue.

Athletes who receive vibration work from handheld instruments and digital products experienced decreased sympathetic drive, and we improved their real time heart rate

variability (HRV) when using a measuring tool like Hexoskin. A coach in Toronto measured other therapy options like Graston, and the athletes' HRV was severely decreased for days after just one 20-minute therapy session. Vibration never seemed to have negative effects systematically to the whole body or directly to the muscle.

Main Evidence

- Myofascial release therapy and localized relaxation message have been found to be beneficial in treating upper and lower extremity musculoskeletal dysfunctions [5]. Both techniques can be applied and supplemented through the use of the Theragun.
- Several research studies have shown that massage therapy applied after repetitive exercises can help to reduce soreness and speed up recovery [3].
- The Theragun is being used by high level athletes across varies sports because of how they are feeling before, during, and after treatment sessions.
- Massage improves blood flow to the site of pain, thereby improving lactic acid clearance earlier and providing more efficient repair of micro-injuries to the muscles, connective tissues, and tendons [3].
- In people receiving STM it has been found they have an increase in the number of neutrophils – the type of white blood cells involved in tissue repair, and cortisol levels – another measurement that if elevated helps to reduce inflammation [4].

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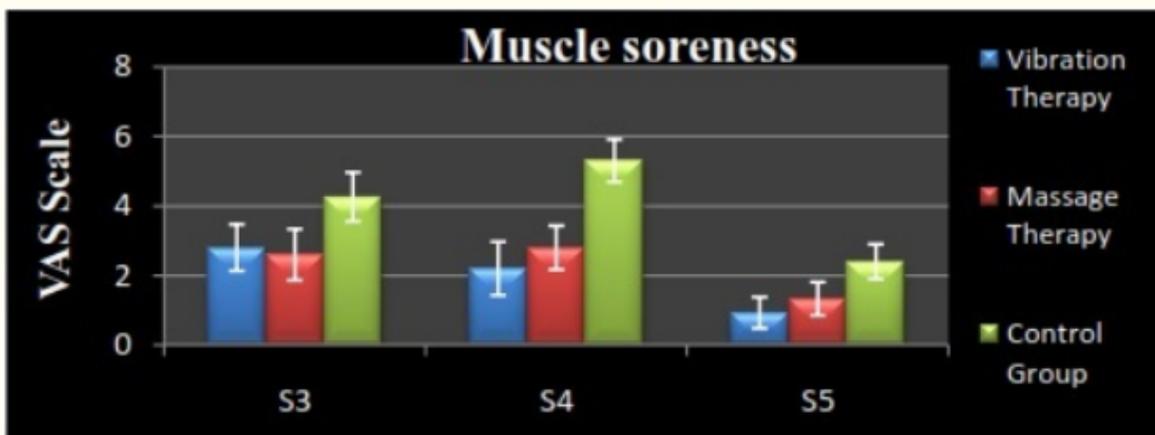
Other Evidence

- **Objectives:** To compare the effects of vibration therapy and massage in prevention of DOMS.
- **Methods:** Pre-test and Post-test Control-Group Design was used, 45 healthy female non athletic Subjects were recruited and randomly distributed to the three groups (15 subject in each group). After the subject's initial status was measured experimental groups received vibration therapy (50 Hz vibration for five minutes) or massage therapy (15 minutes) intervention and control group received no treatment, just prior to the eccentric exercise. Subjects were undergoing the following measurements to evaluate the changes in the muscle condition: muscle soreness (pain perception), Range of Motion (ROM), Maximum Isometric Force (MIF), Repetition maximum (RM), Lactate dehydrogenase (LDH) and Creatine Kinase (CK) level. All the parameters except LDH, CK and 1RM were measured before, immediately post intervention, immediately post exercise, 24 hours post exercise, 48 hours post exercise and 72 hours post exercise. LDH, CK and 1 RM were measured before and 48 hours post exercise.
- **Result:** Muscle soreness was reported to be significantly less for experimental (vibration and massage) group ($p=0.000$) as compared to control group at 24, 48, and 72 hours of post-exercise. Experimental and control group did not show any significant difference in MIF immediate ($p=0.2898$), 24 hours ($p=0.4173$), 48 hours ($p=0.752$) and 72 hours ($p=0.5297$) of post-exercise. Range of motion demonstrated significant recovery in experimental groups in 48 hours

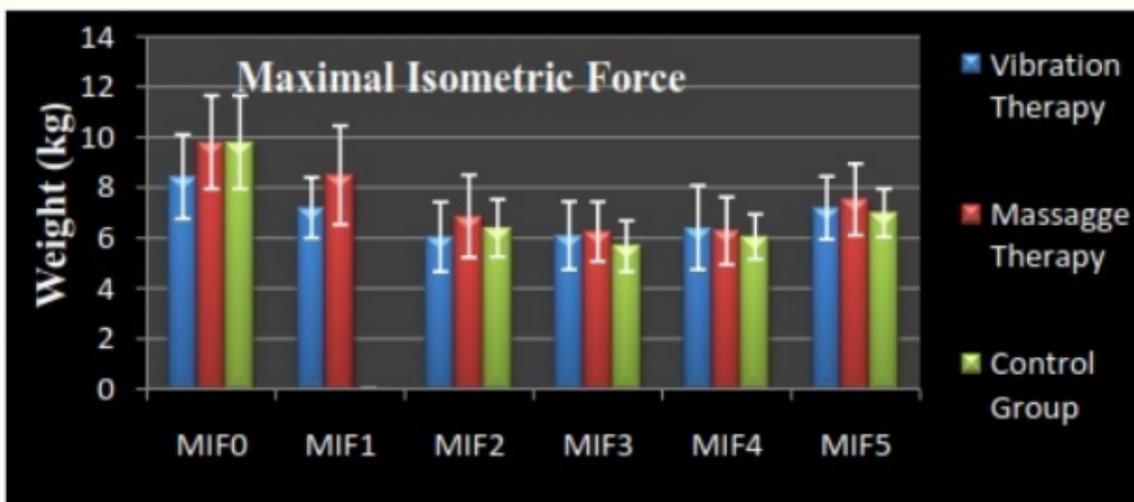
($p=0.0016$) and 72 hours ($p=0.0463$). Massage therapy showed significant recovery in 1RM ($p=0.000$) compared to control group and vibration therapy shows significantly less LDH level ($p=0.000$) 48 hours of post exercise compare to control group. CK at 48 hours of post exercise in vibration group ($p=0.000$) and massage group showed ($p=0.002$) significant difference as compared to control group.

- Conclusion:** Vibration therapy and massage are equally effective in prevention of DOMS. Massage is effective in restoration of concentric strength (1 RM). Yet vibration therapy shows clinically early reduction of pain and is effective in decreasing the level of LDH in 48 hours post exercise periods.

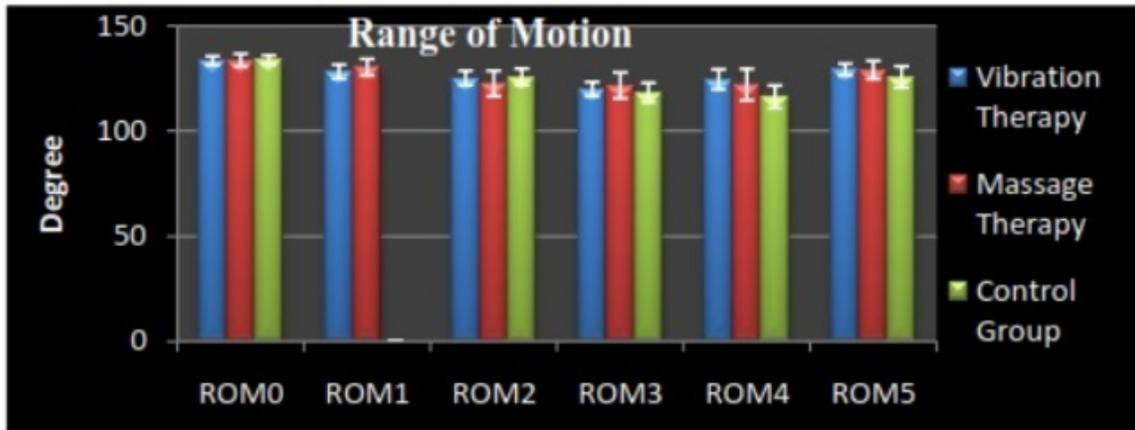
Muscle Soreness



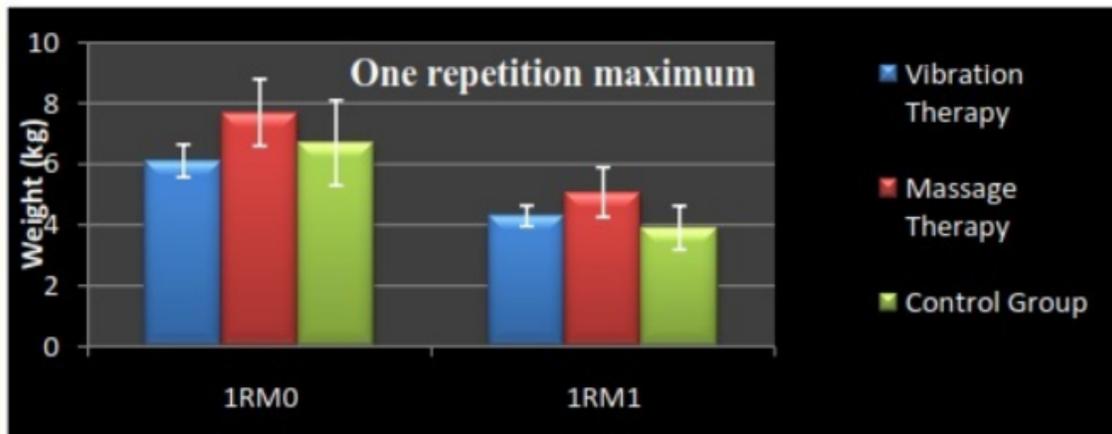
Maximal Isometric Force (MIF)



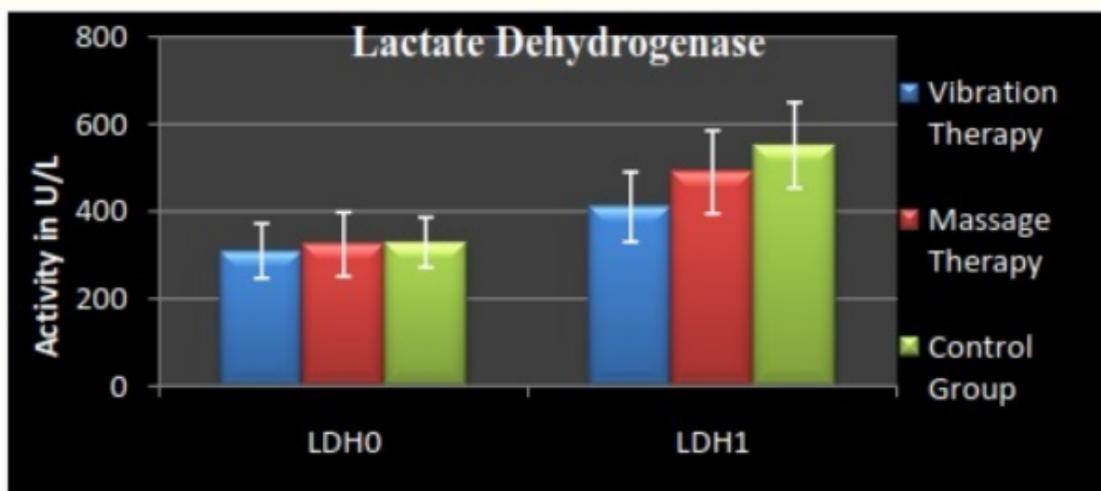
Range of Motion (ROM)



1RM



Creatin Kinase (CK)



Other Published studies on effectiveness

To Compare the Effect of Vibration Therapy and Massage in Prevention of Delayed Onset Muscle Soreness (DOMS)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3939523/>

THE EFFECTS OF SELF-MYOFASCIAL RELEASE USING A FOAM ROLL OR ROLLER MASSAGER ON JOINT RANGE OF MOTION, MUSCLE RECOVERY, AND PERFORMANCE: A SYSTEMATIC REVIEW

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4637917/>

Vibration therapy in management of delayed onset muscle soreness (DOMS)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4127040/>

Vibration therapy accelerates healing of stage I pressure ulcers in older adult patients

https://journals.lww.com/aswcjournal/Abstract/2010/07000/Vibration_Therapy_Accelerates_Healing_of_Stage_I.9.aspx

Vibratory stimulation: part III. Possible applications of vibration in treatment of motor dysfunctions

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Effectiveness of using wearable vibration therapy to alleviate muscle soreness

<https://link.springer.com/article/10.1007/s00421-017-3551-y>

Short-term effects of vibration therapy on motor impairments in Parkinson's disease

<https://content.iospress.com/articles/neurorehabilitation/nre00528>

Tinnitus improvement with ultra-high-frequency vibration therapy

<http://www.tinnitusjournal.com/articles/tinnitus-improvement-with-ultrahighfrequency-vibration-therapy.pdf>

Innovative Technology for High Performance and Mass Participation Sport

<https://www.intechopen.com/download/pdf/62498>

Source Links

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