

Percussion Gun

Disclaimer

This information is not intended to replace the advice of your Doctor. When you have a soft tissue injury obtain medical advice before using a Percussion Gun.

A Percussion Gun is a key part of my arsenal as a tool for deep soft tissue massage.

The use of a Percussion gun, or percussion massager, is used in percussive therapy offering benefits as part of a personalised massage. They deliver a vigorous massage through a selection of attachments, such as balls of varying firmness and finger-like tips, they are all used with varying settings as part of a personalised massage.

In the hands of a professional Massage therapist who has specific training, which includes the study of human anatomy, can provide extra benefits to massage treatments.

What does a Percussion Gun do?

This type of massage provides rapid bursts of pressure into the muscle tissue as the head vibrates back and forth. The Percussion gun replaces the need for the massage therapist to use the traditional series of percussion strikes with the hands or wrists to the given muscle group to get this effect. Percussion guns, focuses on a specific problem area, and offer a more streamlined, automated solution and providing care for the therapist's joints.



Percussive therapy does not completely eliminate muscle tenderness, what it does do is to increase blood flow to a specific muscle area, which can help reduce inflammation and muscle tension and break up those tissue adhesions.

Does Percussion Gun Therapy actually work?

As percussive therapy becomes more popular, more studies are being released about its benefits and potential limitations. A 2014 study suggested that vibration therapy and



massage are equally effective methods to prevent delayed onset muscle soreness (DOMS) meaning you are less likely to feel muscle pain or tightness 24 to 72 hours after an intense exercise.

Benefits

Like a traditional massage, the aims of using the Percussion Gun is to relax tight muscles, break up scar tissue and adhesions, all in order to minimize muscle soreness and tension. This decreases inflammation by flushing out the lymph fluid and venous blood from the muscle tissue. A small study published in the Journal of Clinical and Diagnostic Research found that percussive therapy to be as effective as massage in preventing delayed onset muscle soreness (DOMS). DOMS is often present in muscles after intense exercise.

Percussion Guns can be included in pre and post exercise massage to further facilitate faster recovery. They are also a useful tool, for non-athletes as they' reduce tension and increase functionality for people of all ages. This type of therapy can be used to encompass a range of physically intense exercise through to sedentary activities:-such as athletes or the desk clerk who are working at a computer for long periods.

Precautions

Use your Percussion Gun in the right manure or it can do more harm than good

The use of a Percussion Gun should never cause pain. Muscles will not relax during a painful massage. By tensing muscles, they resist massage. This is known as muscle guarding where the muscles are rejecting the pressure. During any massage when there is pain, the client should stop the treatment, because the pressure is too hard and could be causing bruising or injury. Pain is a signal that injury is occurring. If a pins-and-needles sensation or the pain has an electrical quality is experienced, a nerve is being massage over — and the treatment should be moved away from the area. The client should advise the massage therapist because Percussion Guns are meant to be used on muscles, not nerves, bones, joints or tendons.

Contraindication areas are open or closed wounds, Varicose veins, Blood Clot, DTI's, cancerous lesions, a recent fracture, dislocation or any body part that has impaired

sensation. This is a concern for those with peripheral neuropathy, a condition often caused by diabetes. Without accurate sensory feedback, damage could be caused without it being realised.

Percussion Guns and prescription blood thinners such as heparin and warfarin don't mix, internal bleeding and bruise can occur, applying the repetitive pressure of the Percussion Gun the body will create problems.

Percussion Gun Contraindications:

As with any forms of myofascial release, there are circumstances when not to use a massage percussion gun, and there are certain people who they should not be used on.

Here are a reasons **NOT TO USE** a massage percussion gun:

1. Do not use on **Children** or the **Elderly**
2. Do not use on the **Head** and **Face** or **Chest**
3. Do not use near or on the **Throat**
4. If the client **is Pregnant**
5. If the client has a, **Bleeding Disorders** or **Bruise Easily**
6. If the client has had **Surgery** with in last six months
7. If the client has a **Nerve Disorders, MS, Epilepsy.**
8. If the client has a **Skin Disorders**
9. If the client has a **Joint Sprain.** Use the PRICE method.
10. If the client has **Inflammation.** Use the PRICE method.
11. If the client has **Varicose veins, Blood Clot, DTI's**
12. If the client has a **Fever** or **Elevated Body Temperature.**
13. If the client has an **Implanted Medical Device**
14. Do not use for longer than advised



The Percussion Gun has to be used in the correct method and right place or it can cause more harm than good

PRICE therapy

Minor injuries, for example strains, sprains and inflammation can often be treated using PRICE therapy.

PRICE stands for protection, rest, ice, compression and elevation.

- **Protection** - protect the affected area from further injury .
- **Rest** - avoid exercise and reduce your daily physical activity.
- **Ice** - apply an ice pack to the affected area for 15-20 minutes, every two to three hours, for 3 days.
- **Compression** - use elastic compression bandages during the day to limit swelling.
- **Elevation** - keep the injured body part raised above the level of your heart whenever possible. This may also help reduce swelling.