

How Often Should You Use Your Theragun?

By: Parker Ewing

Theragun Percussive Therapy offers countless benefits to your body and is an incredible way to help you feel better and do more of what moves you. Each day, we're discovering more ways that Therabody can provide effective whole-body wellness solutions tailored to your lifestyle.

Theragun Percussive Therapy can transform your workout routine by:

- Decreasing muscle soreness & stiffness
- Providing a faster warmup & recovery
- Increasing blood flow
- Decreasing lactic acid
- Improving range of motion
- Hydrating tissue
- Improving stretching ability

How does it work?

Our professional percussive therapy device stands in a league of its own. Each Theragun offers a unique combination of (1) Amplitude, (2) Frequency, and (3) Torque to treat your muscles comfortably by safely and effectively overriding pain signals sent to your brain.

Amplitude. Our 16mm amplitude allows Theragun devices to treat deeper into the muscle than consumer-grade vibration massagers to stimulate circulation, generate heat, and release even your deepest tension.

Frequency. Our 2400 percussion per minute (40 per second) speed allows our devices to override pain signals sent to your brain, making the treatment experience more comfortable than manual muscle therapy.

Torque. Our devices can withstand up to an additional 60 pounds of applied pressure--without stalling--so you can most effectively treat the areas that need it.

General Rules for Using Your Theragun

As a rule of thumb, we recommend using your Theragun for a minimum of 15 seconds and a maximum of 2 minutes per muscle group, depending on your desired results. A full-body session shouldn't be any longer than 15 minutes. Feel free to treat yourself 2-3 times per day to achieve maximum results.

Paul George, a professional basketball player, says he uses his Theragun “every day” adding, “it’s powerful, quiet, and an essential part of my warm-up and recovery. Deep muscle treatment never felt so good.”

Here’s a rundown of what your routine might look like:

Waking Up the Muscles

Before working out or engaging in any kind of physical activity, float your Theragun for about 30 seconds to instantly activate and wake up your muscles.

Activate & Invigorate Your Target Spot

You’ll be able to reactivate your muscles during your workout or activity by using your Theragun for 10-15 seconds on the muscle group of choice. This will invigorate your muscles, relieve spasms and fatigue, and keep your muscles at their best.

Enter Recovery Mode

Float your Theragun slowly and methodically after your workout to decrease any soreness that might arise. Be sure to pay special attention to muscles that require immediate pain relief or that you feel may be sore the next day.

Our PRO, Elite, and Prime Theragun devices have become even smarter with Bluetooth® connectivity and personalized app experience. The [Therabody app](#) is a fantastic resource for enhancing your percussion massage. The app learns from your real-time activity and behaviors to recommend guided, personalized wellness routines. It is a fantastic resource for stretching and post-workout recovery practices.

Using Your Theragun for Workout Recovery

Theragun Percussive Therapy helps work the lactic acid out of the muscles that become fatigued during exercise, which makes it one of the most effective and quickest ways to recover post-workout.

To treat a muscle, move your Theragun device slowly over the muscles that are sore (or will probably become sore) for up to two minutes per area. No need to apply a ton of pressure either -- your massage gun will put in the hard work for you. Simply float the device over the areas you'd like to treat. The Theragun has roughly half an inch of penetration on its own. There's also Speed Control & Force Meter on the [Therabody App](#) that gives you feedback on your applied force and speed control between 1750-2400 percussions per minute. Intuitively designed and easy to use, your body can communicate with you about what feels best.

If you're looking for more intensity--like that of a deep-tissue massage--we recommend that you try changing the device attachment heads, designed to help you target areas that need more focus than the Dampener attachment that typically comes with your Theragun.

For a pro-level recovery regimen, we recommend integrating TheraOne CBD products into your routine. [Recover](#), our cooling CBD lotion is the perfect antidote to sore muscles and is ideal for post-activity or simply helping your body unwind after a long day. Some of the benefits include post-workout muscle recovery, cooling and relaxing sensations, and skin-nourishing essential oils. To use, simply apply Recover CBD Lotion to clean, dry skin and rub on the desired area for 10-15 seconds.

Using Your Theragun for Tension, Stress, and Sleep

Theragun Percussive Therapy is incredibly helpful in reducing tension, stress, and it can even help you sleep better. By downregulating the nervous system, your massage gun promotes an ideal environment for restful sleep. Before bed, float the device over each muscle group (arms, legs, and glutes) for two minutes or so.

When you use your Theragun for 2-8 minutes on your body, you actually turn off your stress switch and turn on your relaxation switch. Different breathing practices have also been shown to regulate your parasympathetic nervous system which can allow you to de-stress, relax, heal, recover, sleep, and rebuild your body. The quality of your rest and recovery is key in preparing the body for its next challenge.

You want to treat each part of your body for 30-60 seconds. Start on your traps, then move to your arms, low back, quads and hamstrings, shins, and lastly, your feet. Make sure to be generous when treating your feet. Practice mindfulness throughout the entire treatment by intentionally looking at the body part you're treating or closing your eyes and imagining that body part.

Once you're finished, lay down in your bed, close your eyes, and try this breathing exercise 3 times:

1. Take a deep breath in, expanding your belly (this is known as diaphragmatic breathing). Slowly count to 4.
2. After 4 counts, take a moment to feel that feeling of your lungs being completely full at the top of your inhalation.
3. Slowly exhale for 4 counts.
4. Take a moment and feel the feeling of emptiness in your lungs feeling before repeating the process again.

Still not getting the sleep you crave? Pairing your Theragun Percussive Therapy treatment with [Sleep](#) CBD Tincture with organic valerian root is the ultimate recipe for a restful night's sleep. This ingestible tincture promotes healthy sleep, supports relaxation, and helps prevent morning grogginess. Take 1ml ten minutes before going to bed and enjoy a deeper, more restorative sleep.

If you're experiencing tension and need relief, feel free to float your Theragun over your tight muscles for up to two minutes to help loosen them up. If you have a knot in a certain area, the Dampener attachment will become your go-to. Work your Theragun around the area, instead of directly on top of the knot to release tension. If needed, use the Standard Ball attachment for no more than three seconds directly onto the knot. If you're doing this, it's best to err on the side of caution and give the area a chance to rest for 24 hours or so before trying again. If you want to step up your game, [Revive](#) CBD Body Balm is specifically designed to ease strained muscles. This revolutionary formula soothes acute discomfort by warming stiff muscles. Simply scoop out a pea-sized amount of balm and rub between your fingers to soften. Apply wherever you need relief and enter relaxation mode. Revive also comes in an [easy-to-use stick](#).

Use Your Theragun to Prep for a Workout

While you may typically think of the Theragun as a post-workout therapeutic aid, using Theragun Percussive Therapy before or during your exercise can actually enhance your workout performance. Percussion massage therapy can help activate your muscles and increase your range of motion if you use your massage gun before each workout. This will help your overall performance and recovery and will help reduce the risk of injury.

Before working out, float your Theragun over the muscles you will be working out for about 30 seconds to help activate and increase blood flow to the muscles. The

[Therabody app](#) is a fantastic resource that will give you guided wellness routines for pre-workout, including diagrams and step-by-step instructions

If you're looking to try percussive therapy during a workout, it's best to work it in between sets. For example, if you're doing deadlifts, take a break between sets to use your Theragun on the glutes for 15-30 seconds or so to make sure your muscles stay active before setting up for your next set. This will help to speed up recovery time, activate sleepy muscles, and increase circulation before you do more reps.

One of the best ways to prepare the body for a workout and maximize the effectiveness of your Theragun percussion massage is by pairing it with [Activate](#) CBD Lotion. It's the perfect catalyst to wake up the body and get moving. This full-spectrum USDA Certified Organic lotion is ideal for pre-activity use and can be easily incorporated into your morning routine, so you're ready for anything that the day throws at you. Some of the benefits include: activating your muscles before a workout, nourishing skin and easing stiffness, warming and soothing the body, and reinvigorating your targeted areas.

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If you have any more questions, please visit our [FAQ](#) page where you'll find more comprehensive safety protocols, helpful device instructions, and more in-depth information on our Theragun and TheraOne CBD products.

We hope you enjoy integrating Theragun Percussive Therapy into your wellness rituals in a way that works for your specific health needs. Make sure to tag us @Therabody and show us how you're using the Theragun and TheraOne CBD products to take charge of your daily routine.