

Which Massage Gun Head Should I Use On My Theragun?

By: Parker Ewing

When you're carrying tension throughout the day from stiff and sore muscles, you need quick, lasting relief. Enter: your Theragun. You already know the benefits Theragun devices offer that help you find natural and effective relief, increase mobility, and maximize the potential of your body. But, which massage gun head should you use for your Theragun percussion massage?

Dr. Jason Wesland's got you covered. He designed each Theragun attachment with a specific purpose in mind. Once he began using the Theragun to treat his patients, he realized the need for attachments of different shapes, sizes, and density to most effectively treat various body parts and ailments.

Each of our attachments--with the exception of the Supersoft replaceable attachment--is made with non-porous, closed-cell foam which doesn't absorb lotion, sweat, or oil. This makes them easy to clean with disinfecting wipes and leads to a more hygienic user experience.

You can personalize your percussive therapy routine for your own needs by picking any attachment you like. Luckily, Dr. Jason made it easy for you.

Here are some of his top picks:

Dampener | Overall Use, Tender or Bony Areas

The Dampener attachment can help treat the following needs:

- **Hip Flexors:** Whether your hip flexors are sore from running 100m sprints or tight from getting back into your yoga practice, the Dampener is great for releasing tension in this bony area.
- **Bursitis:** If you have Bursitis in your shoulder, elbow, hip, or knee, the Dampener or the Supersoft attachment (depending on the tolerance on your knee) will provide relief, alleviate aches, and reduce inflammation in your joints.
- **Carpal Tunnel:** The Dampener attachment will help support the compromised median nerves and ligaments in your hands so you can ultimately get rid of any numbness, tingling, and weakness.

- **Shin Splints:** The Dampener is a great attachment to help reduce any pain related to overloading and inflammation in the muscles surrounding your tibia.
- **Golf/Tennis Elbow:** The Dampener will work to alleviate the overloading in the tendons surrounding your elbow from repetitive motions of the wrist and arm.
- **Lower Back:** Whether you're hitting balls at the driving range or picking up your grandchildren, the Dampener will help provide relief to your lower back pain.
- **Neck:** The Dampener is a great attachment to alleviate your neck pain, whether you're lifting heavy upper back weights at the gym or staring at your computer all day.
- **Adductors:** The Dampener will help relieve any leg pain, whether that's from doing lateral lunges or standing in as the catcher for your son's little league practice.
- **Feet:** If you're standing all day at work or training for a marathon, the Dampener head will help with any soreness in your feet. Depending on your needs, the Cone is also a great attachment to use.
- **Glutes:** Whether you're setting personal records on the squat rack or constantly lifting heavy boxes at work, the Dampener will provide relief to this larger muscle group because it has a larger contact surface area.

Standard Ball | Overall Use, Large and Small Muscle Groups

The Standard Ball attachment can help treat the following needs:

- **Hamstrings:** Try using the Standard Ball to relieve pain in your hamstrings, whether it's from rowing 5,000m every morning or chasing your kids around the house.
- **Quads:** Your quads are the largest muscles in the body. That's why they benefit from the Standard Ball which has more firmness than the other attachments.
- **Deltoids:** Pain in your deltoids will also benefit from the firmness offered by the Standard Ball attachment.
- **Upper back:** Whether pull-ups are a part of your daily routine or you walk around school all day with heavy books in your backpack, the Standard Ball will help provide the relief you need in your upper back.
- **Calves:** Sore calves will benefit from the firmness of the Standard Ball attachment, whether it's from hiking with your dog or walking up and down stairs all day at work.

- **Plantar Fasciitis:** For someone often on their feet, the Standard Ball attachment will alleviate your foot pain.

Cone | Pinpoint Muscle Treatment, Hands and Feet

The Cone attachment can help treat the following needs:

- **Feet:** In addition to the Dampener, the Cone is particularly effective for application on all of the small bones and muscles in your feet.

Thumb | Trigger Points, Lower Back

The Thumb attachment can help treat the following needs:

- **Lower Back:** If you're looking for a firmer treatment than the Dampener, try using the Thumb to relieve any pain or soreness in your lower back muscles.

Wedge | Decreasing Lactic Acid Using "Scraping" and "Flushing"

The Wedge attachment can help treat the following needs:

- **IT bands:** The Wedge is great for muscle scraping, which stimulates circulation and increases blood flow in your IT bands.
- **Bicep tendonitis:** The Wedge will help you manage any pain and tension in your biceps and help you find lasting relief.
- **Shin Splints:** In addition to the Dampener, the Wedge can help relieve any pain related to overloading and inflammation in the muscles surrounding your tibia--this time, using a muscle scraping technique.
- **Shoulders:** Whether you're pitching nine innings or carrying your child on your shoulders on a daily basis, the Wedge will help you manage any soreness on these muscles.
- **Chest:** If your days are filled doing push-ups or helping push your child on the swingset, the Wedge is the perfect attachment to soothe your chest muscles.
- **Forearms:** The Wedge will use muscle scraping therapy to relieve pain in your forearms, whether it's from rock climbing or lifting grocery bags.
- **Upper Arms:** If you've been wakeboarding or moving furniture around the house, the Wedge is a great tool to alleviate soreness in your upper arms.

Supersoft | Vibration Therapy for Sensitive Areas

The Supersoft attachment can help treat the following needs:

- **Bursitis:** If you need something a bit more gentle than the Dampener, try using the Supersoft attachment to alleviate your inflamed joints.
- **Carpal Tunnel:** In addition to the Dampener, you can also try using the Supersoft attachment to soothe any numbness, tingling, and weakness in your hands.
- **Golf/Tennis Elbow:** The Supersoft attachment is another great option to the Dampener for soothing the soreness in your elbow.
- **Hands:** As one of your most frequently used body parts, your hands are prone to tension. The Supersoft attachment is the perfect way to relieve pain from playing video games to gardening.
- **Neck:** Whether you're sore from upper back exercises or have a case of "tech neck" from staring at your computer all day, the Supersoft attachment is another great tool for counteracting this tension in your neck.

How can I maximize the effectiveness of my percussion massage?

Dr. Jason created this innovative percussive therapy technique to increase blood flow and decrease tension deep within the muscle, using a scientifically-calibrated combination of speed and depth. This carefully curated partnership helps to treat your muscles comfortably by overriding pain signals sent to your brain. But, *how can I make sure I'm providing the best conditions for my percussion massage experience?*

Glad you asked.

One of the best ways to ensure you're getting the most out of your Theragun massage is by pairing percussive therapy with any of our **TheraOne CBD** products. These innovative products were specifically designed with Theragun Percussive Therapy in mind. While they're each effective on their own, they are even more effective when used together.

TheraOne is our newest whole-body wellness solution. It's a line of USDA Certified Organic CBD products derived from our proprietary, high-potency hemp strain. Our patent-pending Biosorb™ Technology helps your body easily absorb all the natural benefits of CBD, enhancing your overall percussion massage therapy experience.

What makes TheraOne different from the other CBD products out there?

- **USDA Certified Organic:** All of our proprietary full-spectrum hemp CBD products are all-natural, toxin-free, and USDA Certified Organic. So all you need to worry about is relaxing and healing from the inside-out.
- **Efficacy:** Our proprietary full-spectrum hemp CBD strain uses our patent-pending Biosorb Technology™, which primes our oil concentrate to increase effectiveness, improve product consistency, and increase product stability (or, shelf life). It works, so you can get back to doing what you love.
- **Quality Control from Start to Finish:** Quality is our top priority. Everything we create is cultivated, manufactured, and packaged in Colorado, the first and leading U.S. state with state-level hemp regulation. Our products are independently tested four times, and the final product is sent to an independent, third-party laboratory to verify our test results.

What are some other ways I can enhance my percussion massage therapy?

Taking care of your Theragun is a critical piece to ensuring the lasting health of your muscles. Here are a few more quick ways to maximize your percussion massage experience:

- To ensure you continue having an optimal percussion therapy experience, it's best to change your Theragun attachments every 60-90 days or so, depending on the number of times you use them during treatments. Our Theragun attachments are easy to swap out, so you can get the custom treatment you need, exactly when you need it. Keeping everything fresh will extend the shelf-life of your massage gun attachments.
- All of our Theragun attachments are designed to treat specific areas of your body comfortably. That's why they're covered by a 30-day limited warranty, so you know you're getting the proper firmness, shape, and overall treatment in the correct area. Try them out, make sure they feel good for you, and don't hesitate to give us a shout at info@theragun.com if you have any questions.

We hope you find a way to enjoy using each Theragun attachment 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.