



Dr Graeme
health products
Serious Massagers for Professional Results

Why genuine vibration massagers are much more effective

Percussion massagers are designed to drive their heads into your muscles like a therapist doing deep tissue massage, yet genuine vibration massagers work deeper and have a far greater therapeutic effect. Why is this so?

It is the vibrations that have the therapeutic effect

Genuine vibration massagers penetrate deeper and have a far greater therapeutic effect because they are designed to send vibrations deep into your muscles, and it is those vibrations that have the therapeutic effects. On the other hand percussion massagers (massage guns) are designed to drive their heads into your muscles in an attempt to add the benefits of conventional massage. The problem with this is that it dramatically reduces the amount of therapeutic vibrations transmitted to the muscle, while increasing the risk of causing injury and damage. The easiest way to illustrate this is using the analogy of a vibration compactor vs a jack-hammer.

A vibrating compactor vs the jack-hammer

Genuine vibration massagers are like vibrating compactors. They are designed to send larger amounts of strong therapeutic vibrations deep into your muscles without harming the surface. Percussion massagers drive their heads into your muscles to your muscles like a jack-hammer. This pummels the surface and your muscles as far as the heads drive in, but sends far less therapeutic vibration into your muscles.

Claims made by percussion massager marketers

Percussion massager marketers claim all the scientifically proven therapeutic benefits of vibration. However, their "jack-hammer" design only sends in a fraction of the amount of those vibrations that a genuine vibration massager does.

Safety

The risk with heads driving the heads of percussion massagers into your muscles is that it can damage your muscles, or worse still injure sensitive structures such as nerves and blood vessels.

For more information

<https://www.drgraeme.com/articles/2021/06/percussion-massager-vs-vibration-massage>

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The scientifically proven effects of vibration:

- Relax muscles
- Increases blood flow
- Reduces pain
- Causes "stretching" of muscles
- Reduces post exercise soreness (DOMS)
- Speeds recovery
- Assists healing
- Increases the performance of muscles

It is the vibrations that penetrate deeply and have their therapeutic effects

Percussion massage vs vibration



Percussion drives the head of the massager in Vibration penetrates with vibrations