

Do you really need a massage gun?

Recommended read for Sports and Allied Health Professionals

What practitioners are saying

Tips for institutional buyers

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"Best Mid-Range
Massage Gun 2021"

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"Quietest
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Used by Olympians
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Does your team need a massage gun?

To some, a massage gun may seem like a nice-to-have extra. But for many high-performance teams and recovery professionals, they're a practical way to increase daily efficiency and make the most of human talent.

Your team should consider massage guns if:

you want to **maximize the time, energy, and expertise of your physios** and recovery team, and give them the capacity to treat the more athletes in less time, and with less physical exertion

you want to **build stronger self-driven recovery habits** in your athletes, by making recovery easier, more intuitive, and more convenient for them

Practitioner Testimonials

Faster results than manual therapy, maximizing practitioners' time and energy:

“ **The Hydragun delivers results in a shorter duration** of time as compared to manual hands-on sports physio techniques or a regular massage session. As a physio, I felt like I was able to **manage more than 1 client** during one exercise session due to the short time span required for **fatigue management**.

Feedback from clients was positive... A client of mine mildly injured himself while playing badminton. He's had a history of 'jumper's knee' which was triggered after continuous high-energy games. He felt pain especially when bearing down on the kneecap, stiffness, and also experienced some calf cramps. After icing and rest, the Hydragun was used around the patella, focusing on the patella tendon and the quadriceps muscles. I also used the **steel head** in combination with a non-steroidal anti-inflammatory (ketoprofen) ointment over the affected area to improve absorption and distribution. I appreciated the smooth glide and movement of the head when used with the **ointment**.

The **client reported at least 50% pain reduction** and was confident enough to bend his knee several times to test the pain level. The Hydragun was used twice a day for 3 days, about 20 minutes each session (which we could time easily thanks to the ten-minute turn-off function) and he felt that the pain had reduced except for a slight pain at terminal extension. This truly impressed me.”

**Resshaya Roobini,
Physiotherapist**

Increased athlete compliance with post-treatment and self-driven recovery protocols:

“ In the last 5-10 years there has been more of a **push for athletes to be self-driven** with their recovery and tissue regeneration in the form of foam rolling, trigger ball therapy and stretch bands. This is **helpful for a busy physiotherapist** and plays an important role in the athlete’s weekly schedule. Yet, from an athlete’s point of view, is this sufficient for them? And how compliant are most athletes to this long-term?

Athletes will tell you the **trigger ball routine is not as effective** for them... [but] the athletes we are working with love their massage guns and use them regularly. We use and recommend the Hydragun. It is easy to use, comfortable and quiet! It comes with 6 different attachment head pieces to target different areas of the body whilst you can vary the intensity to allow for both low level soft tissue work on areas such as the calves and very firm trigger for the back or gluteals.

Our athletes’ compliance to self-driven soft tissue regeneration **is certainly up with the Hydragun...** [it’s] an important accessory in the new age athletes’ ‘toolkit’.”

**Nick Kane,
Sports Medicine and Physiotherapy Network,
Australia**

Tips for Institutional Buyers

Buying a massage gun for a team, gym, clinic, or other institution? Look out for these 5 things:

- 1 Range**
 - The gun should be strong enough to work effectively on the toughest knots
 - Should have lower speeds for use on injured areas, or for everyday use
- 2 Long battery life**
 - So your recovery team can work uninterrupted
 - So it can be taken on trips
 - As with other electronic devices, a massage gun's battery capacity will gradually decrease over time, so choose the largest capacity available to you
- 3 A strong but quiet brushless motor**
 - Means less energy loss to noise, heat, and friction, and less motor wear-and-tear
 - Noise level also affects user experience, especially during early morning training, or in shared or public spaces
- 4 Noise- and vibration-dampening**
 - Means the gun should not rattle or vibrate too much in your hand
 - A sign of superior build quality, so components won't shake loose over time
- 5 Durable, sanitizable exterior**
 - External chassis should stand up to repeated exposure to sweat and regular sanitization (sweat and alcohol will degrade some plastics)



Why the Hydragun?

Optimized value and versatility, by maximizing the specs that matter:



6 speeds

Carefully calibrated to deliver massages ranging from comfortable (for warm-ups or injured areas) to very strong (maximum speed of 3200 RPM for extremely tight muscles)



6 attachment heads

With varying levels of give, and different shapes to suit every muscle group, including 2 stainless steel heads suitable for use with pain-relieving creams or ointments



12mm amplitude and 40lbs stall force

Enables deep penetration for deep-tissue work, even on the slower speeds



3-6+ hour battery life (double the industry standard)

So it lasts the whole workday, and can be used during travel (free carrying case with every unit!)



**Comfortable, convenient,
and built to last:**

Comfort



Runs extremely smooth and quiet at just 30-50dB—the quietest on the market—for ease of use in shared spaces



At 1.04kg, lightweight but with just enough heft that you don't need to apply pressure manually



99° handle reduces wrist dorsiflexion and wrist strain during use (vs. handles set at 90°)



Aerospace-grade aluminium body provides more noise- and vibration-dampening than plastic, so your hand doesn't go numb during use



Convenience and durability



Nanosilicone-wrapped handle is comfortable, anti-slip, and sweat-proof (plastic massage guns can get degraded by sweat over time, as several plastic gun users have reported)



All parts of the Hydrgun, including the silicone grip and all but one attachment heads, can be fully and easily sanitized using standard alcohol wipes



High-torque, brushless SmoothDrive™ motor provides high energy efficiency with reduced losses to noise, vibration, heat, and friction



High motor and build quality reduce wear-and-tear due to friction and rattling



Two rounds of Quality Assurance checks per batch



Cost-effective and risk-free:



Fast, free shipping



Love it or return it in 30 days (for individuals) or 60 days (for institutional bulk purchases)



Automatic, fuss-free 1.5-year warranty (no sign-ups required)



Dedicated customer support team and robust after-sales service



Low-quantity bulk pricing and practitioner discounts

**Try it
risk-free
today**

Conference special:

High Performance Summit attendees get \$50 off today only! Visit hydragun.com.au and use the code **ELITE50** at checkout.

Want a callback?

Reach us at partnerships@hydragun.com. We'll email or arrange a call at your preferred time.



97% five-star rating in hundreds of verified customer reviews



“Gets to those hard-to-reach places that rolling and stretching just don’t hit.”

Bronte Campbell,
Olympic Gold Medalist



“The lack of noise has been wonderful, with 4 of us working out of the training room. It has been getting a lot of work.”

Brad Papson
Major League Soccer Physiotherapist

Featured in:

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MEN'S JOURNAL

Athletes



Bronte Campbell



John Wayne Parr



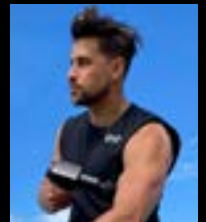
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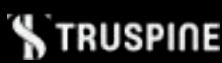


Matt Bevilacqua



Marc Jacobs

Practitioners



Human Fitness

Coached



movement for life
physical therapy

FITNESSCLONE

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