

Myobuddy Pro 2 Massager FAQ

Q. How does a Myobuddy Massager help with workout recovery?

A. Post workout massage will keep the fascia from tightening, and push lactic acid and waste, all while oxygenating muscle cells and increasing circulation.

Q. How does a Myobuddy Massager help with mobility?

A. The percussive massage of a Myobuddy Massager helps release tension and stiffness.

Q. What are the benefits of using a Myobuddy Massager daily?

A. Massaging your body every day can help with aches and pains, muscle soreness, mood, detoxification, muscle performance, stress relief and more.

Q. Is it safe to use a Myobuddy Massager on all areas of my body?

A. Most bodily areas respond very positively to Myobuddy massage. But be very careful, lightly treating the back and sides of the neck. Do not treat the front of the neck/throat. Do not use on veriscosities, tissue inflammation or healing injuries such as stitches and healing bones. Stay away from tumors, undiagnosed lumps and cysts. Do not use the Myobuddy Massager on your face or head. Consult your physician prior to use. For complete safety information read the entire safety guide in our user manuals.

Q. Can I use lotions and massage oils with a Myobuddy Massager?

A. Absolutely! In fact, your Myobuddy Massager takes a little lotion or oil (1.5 tsp) and spreads it very well. Use nutritive oils such as organic coconut oil, cacao butter or jajoba oil. Check out product page for our line of oils and lotions. This is especially good after dry-brushing, as dry brushing is exfoliating. We also recommend using aroma therapy oils on the blue pad.

Q. Is it safe to use a Myobuddy Massager on clothing and fabric?

A. Yes, the micro fiber plush bonnets have some slip, allowing them to glide over most cloth without harm or bunching. Just be sure to keep the spinning disk away from loose, stringy cloth and jewelry. For complete safety information read the entire safety guide.

Q. Can a Myobuddy Massage cause itching?

A. No worries! Itching is a common feeling with sudden increase in circulation. When the muscle cells and blood vessels dilate, stimulation of the nervous system may create minor itching sensation.

Q. Have any studies been conducted on percussive massagers?

A. Recent studies have shown that percussive massage can cause muscle tissue to contract more than 30 times more powerful than normal voluntary contractions. Interestingly, like yoga and exercise, this action results in muscular and fascial lengthening and strengthening, leading to improved muscle strength and enhanced muscle recovery. This magical combination of results in relieving muscular tightness and reducing the physical stress placed on bones and joints. A percussive massage has proven to deliver more oxygen and nutrients into the muscle and fascial tissues. The results are reduced stress and soreness, and improved muscle function. Used in the rehabilitation process, the percussive massager expedites the healing and recovery of non-use atrophic muscles that have been injured due to trauma, surgery or disease. This result makes it the perfect tool for people with paralysis.

Q. Are percussive massagers safe?

A. Myobuddy Massagers are used safely every day. But make sure you read the entire safety and user manual and follow instructions.

Q. Who should use Myobuddy Massagers?

A. Anybody who can benefit from a massage can enjoy a Myobuddy Massager. People with sore muscles, tightness, athletes, hard workers, sitters, standers and those recovering from accidents and surgeries. People who love massages. People with stress. And people living well!

Q. Can I massage myself?

A. Yes. All of our massagers are designed to be user friendly for self-care. With our handle and grip options it's even easy to massage the mid-back.

Q. What are the benefits of daily Myobuddy care?

A. Massaging your body every day helps with muscle soreness, mood, detoxification, muscle power, organ tissue health, and stress relief. The more you use a Myobuddy

massager, your treatments become intuitive and your body tells you how to use the machine to improve all of these aspects of your life. Live Well!

Q. Is it safe to use a Myobuddy Massager if I'm pregnant?

A. Pregnant women should first consult a physician before using any of our massagers. Always avoid the abdomen. And congratulations!

Q. Is it safe to use a Myobuddy Massager if I'm taking blood thinner medications?

A. No. If you take drugs like Coumadin (warfarin), Heparin (highly sulfated glycosaminoglycan), Lovenox (enoxaparin sodium), Normiflo (ardeparin sodium), or Orgaran (danaparoid sodium), you should not use the percussive massager. If you take aspirin regularly, you should try massaging a small area to see if you experience bruising. If not, you may massage with caution. Always consult your physician if you are taking any medication before use.

Q. Is it safe to use a Myobuddy Massager on bare skin?

A. Yes, the microfiber plush bonnets are designed to be soft, luxurious, and very comfortable on bare skin. If you have sensitive skin and experience some discomfort, try using the massager over clothing.

Q. How long should I massage a specific area on my body?

A. 30 seconds to 5 minutes per body part. Up to several times a day.

Q. How often should I massage?

A. Many find that 10 minute massages, twice per day will help achieve optimal results. What's nice about Myobuddy is it is always on call and you do not have to make an appointment!

Q. When should I use the edge aspect of the massager?

A. Use the edge for a harder, deeper massage, focusing the percussive action on your trigger points, scar tissue and hypertonicities.

Q. When should I use the flat aspect of the massager?

A. Use the flat aspect for warming your tissue, and general all-over massaging. It feels amazing!

Q. When should I use high speeds?

A. High speed is necessary for a smoother warming massage. Use high speed when you want a greater surface area to benefit.

Q. When should I use low speeds?

A. Low speed is more percussive in general and delivers a deep percussive massage. This is great for easing into your massage. Increase the speed gradually.

Q. When I use Myobuddy, can I feel the vibration in the handle?

A. People tend to grip the tool tighter than necessary, but we have created a grip which allows the user to hold it with the fingertips, gently leaning it in the direction of intended use. Lighten up on your grip, and you do not have to push for it to do the trick.

Q. Why does my skin turn red when I use my Myobuddy Pro Massager?

A. After massaging an area, the user will often notice redness and light puffiness of the skin due to the dilation of blood vessels, muscle cells and fascia, but no worries, as these are all very good things. Consult your physician if you experience prolonged periods of pain or inflammation after using any of our massagers.

Q. How do I clean a Myobuddy Massager bonnet?

A. The white dry-brushing bonnet will pick up clothes dyes and oils and exfoliated skin. The blue oil bonnet will become caked with oils if not properly cleansed. Throw them in the washer and dryer. Or, soak the bonnets in hot water with 1 tbs of vinegar for 1 hour. Wash out with a drop of liquid soap, rinse thoroughly and wring it out.

Q. How long do the bonnets last?

A. Approximately 500 uses or 6 months of regular use. Myobuddy can provide as many as you may need to outfit your practice. Purchase your bonnets on our products page.

Q. How do Myobuddy Massagers compare to other personal massagers on the market?

A. One of the biggest differences is the shape of our device. There are no hard nobs. Our massagers have a vibrating, oscillating disk padded with three layers of foam and a plush microfiber bonnet. It delivers optimum levels of vibration + percussion + frictional heat. We believe our massagers feel better than anything else on the market. We also feature a twelve-foot cord, ergonomic grip, multiple bonnets for various uses, multiple speeds,

and all of massagers are professional strength. We have focused on all aspects, intentionally creating the best percussive massagers on the market.

Q. Do Chiropractors and Physical Therapists use Myobuddy Massagers?

A. Yes, professionals of all kinds that are practicing soft tissue manipulation (massage in its many forms) use our massagers. This includes chiropractors, massage therapists, myofascial therapists, physical therapists, and more.