

Percussion Therapy

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Modality offered at One Wellness. The "massage gun" has several different attachments, that are used for specific parts of the body. Depending on the needs, the "head" piece will be changed. Additional options include: cold or heat therapy, and an add on of infrared light therapy.

What is it?

Percussion therapy uses rapid and repetitive pressure combined with vibration therapy. During the treatment, each muscle will be worked on for 20-60 seconds, with gentle pressure.

**Treatment time:
15 minutes.**

Indications (not limited to): Benefits:

- Reducing DOMs (delayed onset muscle soreness).
- Reduce pain
- Increasing localized circulation
- Muscle activation & ROM.
- Speeds up recovery after a work-out
- Reduces DOMs
- Decreases Pain
- Increases circulation
- Before exercise, warms up muscles

Contraindications:

- Neuropathy
- Fibromyalgia
- Pregnancy
- Recent surgery or joint replacement
- Metal pins or plates
- Pacemakers
- Areas with skin rash or open wounds
- Individuals with hypertension
- Individuals at risk for clotting

**Part of all-inclusive treatment.
A la Carte Cost: \$35
Packages Available.**

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