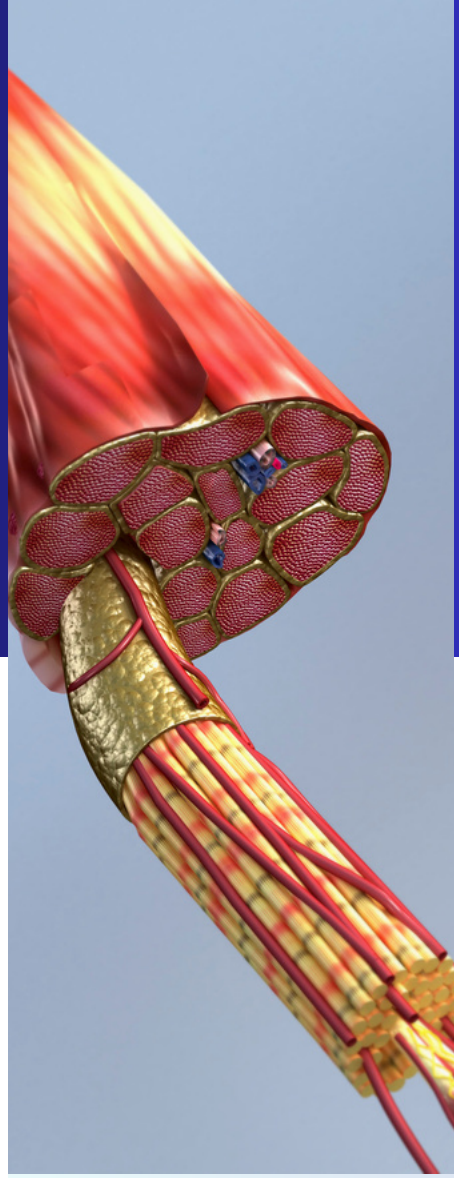


BENEFITS OF MASSAGE GUNS

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A|C|W
ANDREA CHIROPRACTIC
& WELLNESS
Spinal Health equals body balance

Massage guns work on skeletal muscles



1. Reduces muscle tension and lactic acid, and allows oxygen and nutrients to reach the muscle, by increasing blood and stimulating the lymphatic system

2. Stimulates nerve receptors

3. Breaks down scar tissue and improves flexibility

4. Helps prevent delayed onset muscle soreness (DOMS)

MASSAGE GUNS HAVE NUMEROUS BENEFITS.

PLEASE USE AS DIRECTED.