

Dr Graeme
health products

Serious Massagers for Professional Results

How to get great results from your DrGraeme massager

Suitable for clinic or home use

We provide serious massagers that give professional results, whether you are a practitioner who wants to be more efficient and effective in clinic, or a patient who wants to use one on themselves at home.

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Our massagers



*General Purpose
Massager*



*Cordless General
Purpose massager*



*Quad head
massager*

General Purpose Massager

The General Purpose Massager is our powerful single head massager. It is extremely easy to use and is capable of a wide variety of tasks ranging from relaxation massage through to specific deep tissue work. It features an ergonomically designed handle so you can easily massage anywhere on your body, and three specialised heads. Our massagers differ from typical machines sold for personal use in that they have strong motors and mechanisms, capable of delivering serious therapeutic vibration.

Operation

- On/off button underneath
- Sliding variable speed control on top
- Allow to cool for 15 minutes after 15 minutes of use

Cordless General Purpose Massager

This is our cordless version of the General Purpose Massager. It has the same power and strong mechanism, and with its high quality battery is able to give strong, deep massages for a long time between re-charges.

Operation

- Power on/off: Press and hold the button for 2 seconds
- Speeds: Press to cycle high > medium > low
- Allow to cool for 15 minutes after 15 minutes of use (automatic shut-off)

Quad head massager

The Ultimate Quad Head Massager delivers similar powerful, deep penetrating, therapeutic vibration massage, but over a larger area. Massages can be completed much faster, making it very efficient for professional use and when many muscles need massaging. It's unique mechanism (see below) sends therapeutic vibrations deep into the tissues without vibrating the machine itself, making it very comfortable and easy to use.

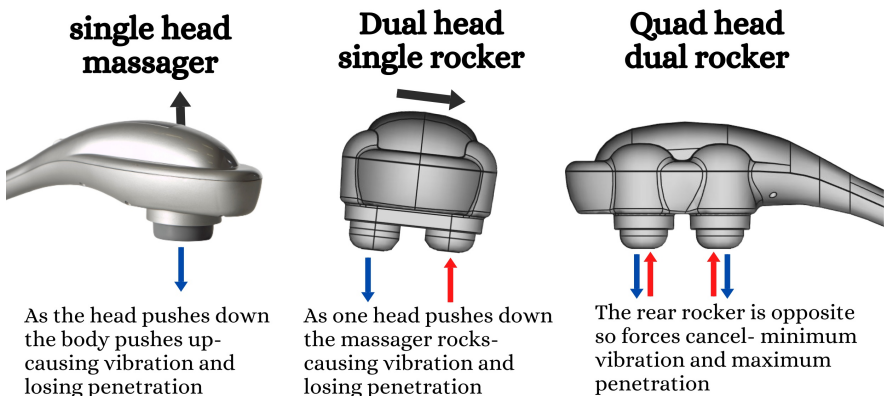
Operation

- On/off button underneath
- Sliding variable speed control on top
- Allow to cool for 15 minutes after 15 minutes of use

Unique mechanism

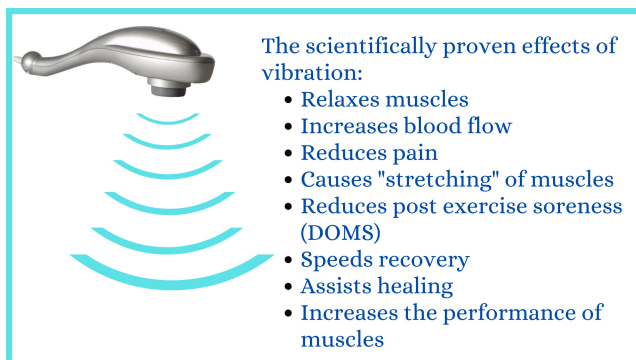
Every other professional standard massager we have seen that massages a large area has a big problem. They either have a large vibrating contact pad or multiple heads all stuck on a single plate working together, and when these go up and down it causes the machine itself to vibrate badly. The vibration is sometimes so bad that the massagers have their speed restricted, not allowing them to operate at the best therapeutic frequencies (see p.4). Further, a lot of vibration goes into the machines themselves rather than penetrating deeply. These issues combine to make these machines uncomfortable to use and very ineffective.

As shown in the diagrams below, the heads on our quad head massagers work independently so those vibrations cancel out. The massager runs very smoothly at the optimum therapeutic vibration speeds, directing those vibrations deep into the tissues.



How vibration massage works

Therapeutic vibration works like ultrasound (vibrations at a different frequency). Genuine vibration massagers sit on the surface sending vibrations deep into your muscles. Those vibrations have the effects shown in this diagram.



The frequency is very important

The therapeutic effects of these vibrations depend on the vibration frequency, which is measured in Hz (cycles per second). Generally, the best therapeutic effects are at around 50 Hz, and reduce rapidly at less than 30 Hz. For details of the therapeutic effects and frequencies please see our guide: *The scientifically proven effects of therapeutic vibrations, with clinical applications*.

As a guide our massagers have a maximum speed of around 54-56 Hz, so the optimum physiological effects are at near maximum.

Genuine vibration vs percussion

Genuine vibration massagers use therapeutic vibrations to penetrate and have their therapeutic effect, whereas percussion massagers (massage guns) use physical pummelling. The easiest way to describe this is by using this diagram. Genuine vibration massagers are like the yellow vibrating machine, whereas percussion is like the jackhammer. Therapeutic vibrations are more comfortable, penetrate deeper, are more effective, and far less likely to cause physical damage.



Using your massager

Overview

Using our handheld massagers is simple. It is the vibrations that have the therapeutic benefits, so you place the vibrating head on the muscle, making good contact, and allow those vibrations to penetrate. Once a part has had sufficient massage move the machine to the next spot that needs massaging and repeat. There is no need to use conventional massage techniques such as pressing in or rubbing. In fact these are counterproductive.



Place the massager and let the vibrations penetrate and have their therapeutic effects

Professional guidance

Our massagers are designed to provide genuine therapeutic benefits to help with musculoskeletal problems and other conditions. These can be complex, so to be safe and get the best possible results we ask that you discuss usage with a professional familiar with your own needs. They can help work out what you need and the best way to manage your problem.

The massager contact

To get the maximum penetration the head(s) of the massager needs to make the best contact, so it/they should sit flat on the part to be massaged. At moderate speeds the weight of the machine should be enough to maintain contact. However, as speed increases the massager head(s) will have a tendency to patter (bounce up and down). If this happens either slow the machine down or apply a moderate amount of pressure until the head stops pattering.

Do not press in

Vibrations penetrate deeply so there is no need to press in to help penetration. Physical penetration (like massage guns use) can cause damage or injury.

Using the quad head massager as a cushion

If you use the quad head massager like a cushion or chair massager use the same pressure you would using the machine normally. Heavy pressure is not necessary, and may cause excess mechanical stress and overheating.

Pain or discomfort

Pain can be a sign of damage (eg. the part you are massaging is injured), and cause muscles to tense which is counterproductive. If you experience pain or discomfort we recommend you either slow the massager to a comfortable level or stop.

Duration

The duration of application should always be guided by your professional. However a typical starting point is 30-60 seconds for each application. Note that some muscles will need multiple applications to cover the whole area.

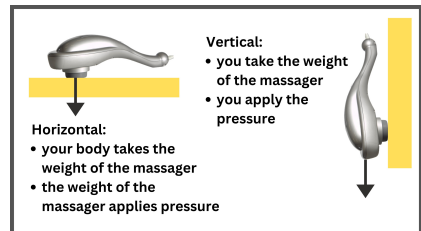
Note: to prevent overheating which can damage or shorten the life of parts always allow to cool after 15 minutes of use. The cordless massager has an automatic cut-off, but the other machines will need self monitoring.

Use over clothing or a cloth

To prevent irritation, minimise the risk of transmitting infection, and help keep the head(s) of the massager clean please use over cloth or a layer of clothing. You will not need to rub with the massager so there is no need for oil or other lubricants.

Using the weight of the massager

Our massagers are not too heavy, but holding the weight for a prolonged time can cause fatigue. We recommend that you position the part to be massaged horizontal. By doing this the weight of the massager is supported and often enough to apply downwards pressure on the head.



Cord care

Our massagers come with high quality cords. However, when bent sharply and repeatedly copper (the core) will suffer metal fatigue and crack. To avoid this do not pull on the cord or bend it sharply. **If your massager stops and starts when moving the cord around this is a sign that the cord has been damaged and the massager is no longer safe to use.**



Which head to use?

Our General Purpose Massagers and cordless massagers come with a choice of three interchangeable heads. The choice often comes down to personal preference. However, our massagers work by sending vibrations into the tissues, which the larger flat head does very well. The multi projection head is not for "digging in", but helps resist pattering at higher speeds. The smaller head is useful for accessing some harder to get to areas.



The flat head is best for vibration transfer



The projections help stop the head pattering at higher speeds



Best for focused massage or hard to get at areas

Potential uses and benefits

Our genuine vibration massagers give professional standard massage suitable for clinical use, but are economical and easy enough for patients to use at home. Our website gives a huge amount of information ranging from technical information for professionals through to simple home advice. This guide is a summary to alert you to the potential benefits.

Musculoskeletal pain and problems

Most musculoskeletal problems such as pain syndromes or rehabilitation involve chronic (long term) muscle changes. These are the lumps and ropey bits that massage therapists find. Being long term changes they take regular applications of therapy to resolve over time, which is why individual applications of massage or other therapies can give relief, but the symptoms relapse. Genuine vibration massage is an excellent clinical therapy, while home use is an effective economical way to get the repeated therapies needed for the muscles to return to normal. For more information please see our *Trigger Point Therapy Guide*

Muscle tightness and health

The things we do every day tend to tighten our muscles, restricting blood flow and movement, causing pain, and eventually leading the long term changes described on the previous page. Some people get regular massages to stay flexible and feel great. Self application with your vibration massager is an excellent way to do this at home. Have a massager sitting next to your favorite lounge chair to relieve tight muscles after a hard day.



Vibration massagers are excellent for tight sore muscles

Sports and exercise

Your vibration massager will be invaluable if you play sports or exercise. It can help reduce post-exercise soreness and speed recovery, improve performance, help prevent injuries, and help rehabilitation. For more information please see our *Sports and exercise guide to vibration massage*.

Genuine vibration massagers give the real benefits

There is a huge amount of scientific research showing the therapeutic effects of genuine vibration. While massage gun marketers use this to support their machines, as shown in the vibration machine/jackhammer analogy (p.4) massage guns pummel rather than send in vibrations. The amount of vibrations they deliver is small, and at the wrong frequency. For more information please see our guide: *What is percussion massage (massage guns)*.



Your vibration massager will be invaluable if you play sports or exercise

Health and wellness

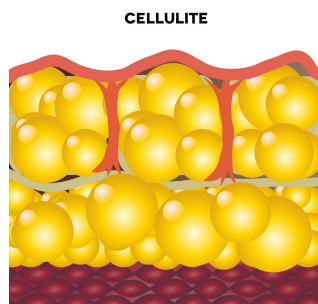
Many trials have shown that massage can give excellent health and wellness benefits such as reducing blood pressure, improving sleep, and improving psychological states. However, these trials used very regular massages, typically daily or at least three times a week. If using professional therapists this would be very expensive and inconvenient, but these benefits could easily be had using self applied vibration massage with one of our massagers. For details please see our guide: *The health benefits of massage*



There are many health and wellness benefits of vibration massage

Reducing cellulite

Most cellulite treatments just temporarily improves appearance but give no long term benefits. However massage and vibration have been shown to reduce cellulite long term by increasing circulation enabling fat deposits to be reabsorbed. The problem is that the increase in circulation after a massage is short lived. You need regular massages over time to reabsorb significant amounts of fat. The successful trials typically used daily long duration massages.



Vibration massage can help reduce cellulite

This would be inconvenient and un-affordable for most. However, vibration massage is highly effective at increasing circulation and can be self applied, making this therapy convenient and affordable. For details see our article: *How to massage cellulite: the scientific alternative*

Fibromyalgia

Many clinical trials have shown that massage can help with fibromyalgia. Further, research has shown that the long term muscular changes described on page 7 are a common overlooked cause. Fibromyalgia can be very complex but massage can definitely help.



The key issues are when using massage are:

Vibration massage can be a big help with fibromyalgia and other chronic pains

- 1.) the underlying muscular issues are very entrenched, needing a lot of therapy over time, and
- 2.) increased sensitivity make patients less tolerant to therapy.

This means that single applications of massage will never fix the problem, and may possibly aggravate the problem. As a guide massage therapy needs to start off very conservatively, and be repeated regularly over a long time. Self applied vibration massage is a practical way to achieve this. *For more info please see or guide: Massage for fibromyalgia- with self help advice*

For professionals

DrGraeme massagers were originally built by Dr Graeme for use in his clinic, and to prescribe to his patients for additional self use at home. Now these are used by colleagues and other professionals for similar purposes.



If you are a professional and wish to know more about this therapy, professional pricing or to possibly get a sample massager to trial please email us: graeme@drgraeme.com

Warnings

- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or who lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- Do not use around water or dampness.
- Although massage is incredibly safe there are certain conditions where massage can cause injury or death. For this reason always consult a licensed healthcare professional before using this or any form of massage. We cannot accept any responsibility for inappropriate usage.

The information in this guide is only to assist you to discuss things with your professional in an informed manner. It should not be relied upon as a substitute for professional advice.

- You should not massage on varicose veins or swollen or inflamed tissue.
- You should not massage over skin disorders or open wounds.
- You should definitely make your adviser aware if you are pregnant or suffer diabetes.
- You should not get massage if you have tuberculosis, tumours, phlebitis, haemorrhage or thrombosis.
- You should not massage on acute injuries, bruises or sprains.
- You should not use over pacemakers
- You should definitely make your professional aware if you have a heart or cardiovascular condition.

Warranty

Our massagers have a 12 month replacement warranty, including commercial usage. Contact either the clinic where you purchased

The DrGraeme Massager Story

Dr Graeme (Chiropractor) originally built our massagers because a lot of his patients needed more massage or soft tissue therapy than they could make appointments for.

Example of the problem

Doctors often prescribe a large number of sessions of massage to help rehabilitate patients with injuries, but third party payers (.eg insurance) typically reject this due to the expense, and the patients do not get better. The same thing happens regularly with patients suffering conditions such as back pain who have to pay for their own treatment. They do not get the care they need either.

There were no suitable massagers available

When investigating self massage there were no suitable personal use massagers. The only effective massagers found were those designed for colleagues to use on their patients rather than self use. Manufacturers of personal use massagers were (and still are) more interested in building machines that look good on shop shelves rather than serious therapeutic devices. To make something available for his patients Dr Graeme built his own.

Other uses opened up

With these and some proper advice patients can now have practically unlimited quality self massage. This was a massive help for the patients with musculoskeletal conditions originally envisaged, but as discussed in this booklet has opened up a host of other uses.

C/O Dr Graeme Blennerhassett B. App. Sci (Chiropractic)

331 Main St. (P.O. Box 914)

Bairnsdale 3875 AUSTRALIA

Phone: +61 (0)3 5116 1298

Email: graeme@drgraeme.com

Website: www.drgraeme.com



Instructions

Available from

