

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.

Our massagers



The Ultimate Quad Head



Deep Tissue Massager



General Purpose Massager

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The DrGraeme General Purpose Massager

This is our newer more powerful machine. It is extremely easy to use and capable of a wide variety of tasks, ranging from relaxation massage through to specific deep work. For a little extra it is the perfect choice.

Ergonomic Handle

- Easy reach to all parts of your body
- Massage for a long time without getting fatigued

Three Metre Cable

- Greater length provides ease of reach
- Heavy duty - long lasting and resists twisting

Speed Control

- Sliding variable speed control
- Relaxing to high penetration
- Easy to use with your thumb

Powerful Motor

- Powerful commercial grade motor custom built to run at the best speed for massage while delivering 15% more "grunt"

Strong Hammer Mechanism

- Quality bearings and screw in head ensures an extremely strong machine that is able to penetrate deeply



Ball at Handle's End

- Provides comfortable, non-slip grip
- Easy to hold and is less tiring to use

Three Specialised Heads

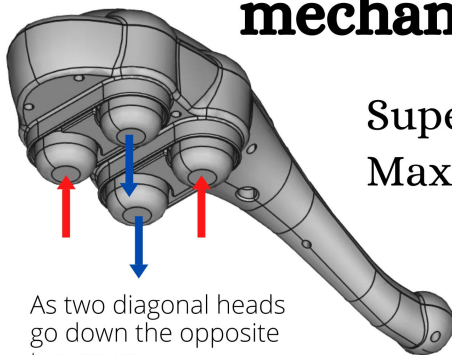
- Rubberised head for comfort
- One for high penetration over larger areas
- Smaller head for localised massage

Thick Plastic Casing

- Specialised thick yet light casing
- Reduces vibration
- Increases machine's strength

Introducing the Ultimate Quad Head

New dual offset rocker mechanism



Super smooth
Maximum penetration

As two diagonal heads
go down the opposite
two go up

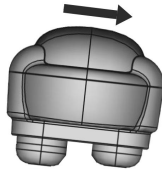
Minimum vibration- maximum penetration

**single head
massager**



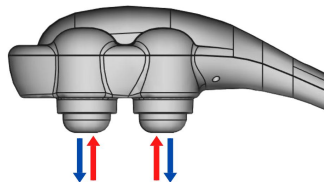
As the head pushes down
the body pushes up-
causing vibration and
losing penetration

**Dual head
single rocker**



As one head pushes down
the massager rocks-
causing vibration and
losing penetration

**Quad head
dual rocker**



The rear rocker is opposite
so forces cancel- minimum
vibration and maximum
penetration

How to use your massager

General principles

Using a hand held massager is simple. You place the vibrating head on the muscle, making good contact, and allow the vibrations to penetrate. In this guide we'll briefly show you why doing that is so effective, then we'll share with you some pointers to help you get the most benefits and a few things to be wary of.

How vibration massage works

It's the vibrations that penetrate

When using a vibration massager the vibrations transfer from the head of the machine to the muscle and penetrate deeply. There is no need to press the head in for penetration. There's a lot of miss-information around about this, but vibrations will always penetrate much more than pressing in. That's why buildings can fall over 100 km away from the centre of an earth quake.

What the vibrations do

When the vibrations do penetrate scientists have found that they have all the effects shown in this diagram. For more information please see our guide *The scientific effects of vibration massage- with clinical applications*.



The diagram shows a silver, handheld vibration massager head at the top left. From the bottom of the head, five concentric, light blue arcs radiate downwards and outwards, representing the spread of vibrations. To the right of these arcs is a list of effects.

The scientifically proven effects of vibration:

- Relax muscles
- Increases blood flow
- Reduces pain
- Causes "stretching" of muscles
- Reduces post exercise soreness (DOMS)
- Speeds recovery
- Assists healing
- Increases the performance of muscles

Professional guidance

Serious hand held massagers are built to provide genuine therapeutic benefits to help with musculoskeletal problems, and these can be complex. Because of this to be safe and get the best possible results we ask that you discuss usage with a professional familiar with your own needs. He or she can help work out what you need and the best way to manage your problem

Basic usage instructions

Basic technique

The basic usage of a vibration massager is simple. You sit the massager on the part to be massaged and let the vibrations soak in. Remember that it is the vibrations that do the work so there is no need to press in or move the massager around. Once a part has had sufficient massage move the machine to the next spot that needs massaging and repeat.



Pain or discomfort

Manual (eg. by hand) massage therapists sometimes use painful pressure to get to a deep spot, but vibration massagers use vibration to penetrate. There is no need to press in or cause pain. In fact pain can cause muscles to tense which can work against massage. If you experience pain or discomfort we recommend you either slow the massager to a comfortable level or stop.

The massager contact and direction

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). When this happens either slow the machine down or apply a moderate amount of pressure until the head stops pattering. Also, the vibrations of the massager are maximum coming straight out of the machine, so these must be directed to get the best effect.



Duration

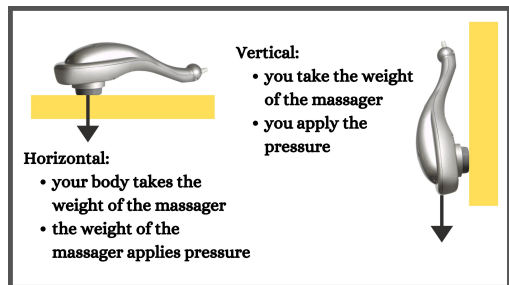
The duration of application should always be guided by your professional. However a typical starting point is 30 seconds at a moderate speed for a typical trigger point (60 for chronic deep trigger points). There may be multiple trigger points in an area, each needing an application of massage. Like most hand held massagers our General Purpose Massager is a sealed unit. This keeps out dust and moisture but holds in heat which can damage or shorten the life of parts. Always allow to cool after 15 minutes of use.

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. That way the weight of the massager is supported by the part being massaged and the massager only needs guiding to maintain position. The weight of the massager then is often enough to apply downwards pressure on the head.



Cord care

Our massagers come with super high quality cords rated at being able to be bent 10,000 times and still work fine. However, cords are always vulnerable so we ask you to take care not to damage them. In particular do not pull or bend them 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 Massager comes with a choice of three interchangeable heads. This 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

Things to be wary of when using a massager

Using Quad Head as a cushion

It's possible to use the Quad Head like a cushion, but please don't place large amounts of pressure on it. It's not designed for that.

Running the Quad Head at maximum with no load

The Ultimate Quad Head's more complex mechanism runs very smoothly under load, but can get slightly noisy at top speed with no load. To use top speed set the machine at 1/2 to 3/4, apply the massager, then increase to full speed.

Pushing in to get penetration

We have manufacturers of percussion massagers wanting to push heads in to get extra penetration. Not only do vibrations from a quality vibration massager always penetrate further, pressing in greatly increases the risk of causing damage or injury.

Percussion massage vs vibration



Percussion drives the head of the massager in



Vibration penetrates with vibrations

Potential uses and benefits

One of the major benefits of having your own hand held massager is that it allows you to have practically unlimited quality massage therapy, which opens up a host of opportunities. Here are some examples.

Muscle tightness and pain syndromes

If you've got tired tight muscles at the end of the day having your own vibration massager is the perfect solution. Just sit the massager on your muscles and feel the vibrations penetrate. You'll feel your muscles relax and the warmth of the fresh blood flushing your tired muscles. If you've have tight muscles for some time they gradually develop into pain syndromes such as back, neck or shoulder pain, and your muscles develop tender lumps called trigger points. Vibration massage is excellent to help these muscles regain their normal health.



Vibration massagers are excellent for tight sore muscles

Articles on our website for further information

- What is the best treatment for trigger points
- Trigger points and tennis elbow
- Can trigger points cause shoulder pain

Sports and exercise

If you play sports or exercise a vibration massager should be your best friend. You can use it before sports or exercise to help prepare your muscles for the best performance and to help prevent injuries. If you use it afterwards and during recovery vibration massage is a big help in reducing post exercise soreness and speeding recovery. If you do happen to be injured vibration massage can help your healing and rehabilitation.



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

Articles on our website for further information

- The sports and exercise guide to vibration massage
- The practical, science based guide to post exercise recovery

Health and wellness

People go to day spas or get regular massages for health and wellness benefits. Also, many companies such as Google provide their employees massages so they are happier, more productive and suffer less injuries. There have been a great number of clinical trials showing that these massages have a range of benefits from reducing pain through to improving one's sleep, blood pressure and psychological state. Having your own vibration massager means you can have these benefits even if you cannot afford the day spa or have such a benevolent employer.



There are many health and wellness benefits of vibration massage

Articles on our website for further information

- The health benefits of massage

Rehabilitation

If you suffer an injury vibration has been shown to dramatically increase the rate and quality of healing. It is also excellent to help muscles that are tight and contain trigger points to regain their normal health and function.



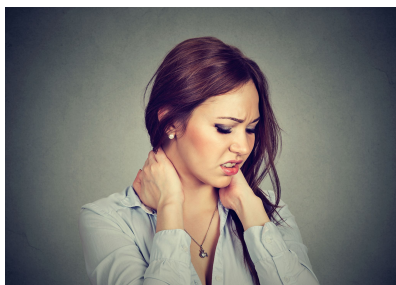
Vibration massage helps muscles heal and return to normal function faster

Articles on our website for further information

- Functional rehabilitation
- Does vibration help healing

Fibromyalgia and chronic pain

If left inadequately treated muscle tightness and pain syndromes become more chronic (long standing and entrenched) and widespread. On top of that when pain like this bombards your nervous system for years your nervous system becomes sensitised causing fibromyalgia and maybe other conditions such as migraines or bad tennis elbows. We would much prefer your used your massager to treat muscle tightness and pain syndromes before they develop to this extent, but if it has your vibration massager may be invaluable.



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

Articles on our website for further information

- Does massage help fibromyalgia

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.



Professionals wishing to know more about our massagers or their usage, get practitioner or wholesale pricing, or possible a sample machine 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 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 health care 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 massager or DrGraeme directly.

Getting started

Public

Local clinic

On our website we have a list of practices that may be able to provide excellent usage advice and be able to sell you a massager. We recommend your first option should be contact any close by and use them if possible.

From us

If unsuitable you may order a massager online from us using the order facility on our website www.drgraeme.com We can post them to Australia, New Zealand, the UK, and the rest of Europe.

Practitioners and students

Ultimately we want people using our massagers and getting the maximum benefits. Therefore we very much appreciate those practitioners who use them, and provide great advice. We are also very happy to see student practitioners learning optimum usage. Because of this we have attractive practitioner rates, wholesale rates, samples and further information for practitioners. Practitioners should email us directly. Further, we have extra heavily discounted massager and other benefits for student practitioners and their teaching colleges. Again, please email us directly on graeme@drgraeme

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Available from



Instructions