



**Dr Graeme**  
health products  
Serious Massagers for Professional Results

## How to get great results and huge benefits from your DrGraeme massager

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. This booklet gives basic usage instructions and a summary of the research based potential uses and benefits. We are continually adding to this so for further information please see [www.drgraeme.com](http://www.drgraeme.com)

### 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

#### 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

#### Three Metre Cable

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



#### 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

## **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 following is information 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.

# Basic usage instructions

## Controls

The **General Purpose Massager** has an on/off button underneath and a sliding variable speed control on top. The **Deep Tissue Massager** has a sliding three position switch on top (off-slow-fast). The "button" underneath is non-functional (a provision for a switch if needed).

## The basic massage technique

Just as using a chainsaw requires different techniques to that of an axe, the use of a vibration massager requires different techniques to those used for manual massage. There is no need to press in or rub. Simply, you sit the head of the massager on the part that needs massaging, let the vibrations penetrate and do the work, then move the massager to the next part that needs massaging.



Sit the head flat and let the vibrations penetrate

## Professional advice

Our massagers are serious pieces of equipment designed to provide professional quality massage, under the advice of a professional. In this manual we will provide a lot of information about potential uses and benefits. It is for information purposes to only alert you to these potential benefits and enable informed discussion with your health care provider. It is not meant as specific advice, and we will not be responsible for self prescribed usage. To be safe and get the best possible management we recommend that you discuss your condition and/or needs with a health care professional. If he or she is not familiar with our serious massagers for home usage please let them know that we are happy to send them information and possibly a sample machine. Please let them know that all they need to do is contact us.

## Use over clothing or a cloth

To prevent irritation, minimise the risk of transmitting infection, and help keep the head 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.

## Pain or discomfort

Whereas manual (eg. by hand) massage sometimes requires painful pressure to get to a deep spot, 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 cease.

## The massager contact

To get the maximum penetration the head of the massager 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 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.



## 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. The massager is sealed which 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.



## Using the weight of the massager

Our massagers only weigh about 1.3kg, but holding this 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 are designed to be held and moved around, which can cause the cord to bend or twist. We have fitted our massagers with super high quality cords capable of being bent 10,000 times without fail. However, to help them last a very long time please don't pull or bend the cords excessively.



# Our massagers were built to benefit colleagues and their patients

We originally developed our massagers to benefit our patients and enable us to provide better quality more effective and affordable care. With patients enjoying these benefits we shared this with colleagues so they could provide these benefits to their patients.

## The benefits

It usually requires a very large number of sessions of massage or soft tissue therapy to thoroughly rehabilitate most injuries and chronic pain syndromes, but the cost and time involved makes it prohibitive. **We wanted our patients to be able to get all the massage/soft tissue therapy needed to thoroughly and properly rehabilitate their injuries or chronic pain syndromes, with no compromise.**

## More benefits

On top of that, if our patients were able to have practically unlimited quality massage/soft tissue therapy there would be a huge number of other potential benefits. Many top companies provide their employees with regular massage so they are happier, more productive, and have less pain and injuries. Elite sports clubs provide their players with huge amounts of massage and soft tissue therapy to help them play better, avoid injuries and recover faster. Many of the rich and famous have regular massages so they feel great. These benefits are discussed in in this manual, plus we are continually adding new research based material to our website [www.drgraeme.com](http://www.drgraeme.com)

## There are plenty of other massagers. Why did couldn't patients use them?

Before we started building our massagers the manufacturers of hand held massagers for the public were mainly concerned about how they looked on shop shelves. These massagers were given as gifts, used a few times, then put in a cupboard. Professionals found them to be ineffective, and did not recommend or support their usage. This is not our opinion. It is the findings of a UK University study published in a respected scientific journal\*. As a practitioner I decided to fill the unmet need by building something that was powerful, easy to use, affordable and did a fantastic job.

\* McDonagh D. et al *Good vibrations: Do electric therapeutic massagers work?*  
Ergonomics Vol. 48, Iss. 6 2005

# **Trigger points and other chronic (long term) soft tissue problems**

One of the main issues treated by our massagers is trigger points. These are those lumps in tightened muscles that shoot pain when masseurs press on them. Research has found that they are actually a small sections of muscle that have gone into spasm and cannot relax. They are caused by a number of things including overuse or prolonged tightness, chemical imbalances and emotional stress. Practically every adult develops them, and they cause a host of problems.

## **Why they cause so many problems**

It was first understood that these lumps would initially only shoot shot pain when pressed upon, then as they worsen or were aggravated they could shoot pain all the time. However, since then research has found them to cause a lot of other nasty effects.

1. They cause the muscle to be constantly tight, restricting movement and making them prone to being injured.
2. Being in spasm, part of the muscle is constantly working. In addition the tightness restricts blood flows. Because of this the muscle becomes fatigued, with a build up of waste products and a lack of oxygen. Symptoms can be pain and rapid fatigue upon exertion.
3. When muscles are tight and not able to function normally the body will alter posture and movement to compensate. This can place unusual stress on the joints and other parts of the body. It is a key cause of many, injuries, postural pain syndromes and joint pains including “impingement syndromes”.
4. The most obvious consequence is that a trigger points may be aggravated causing it to shoot continuous pain. This is a major cause of pain syndromes ranging from low back pain through to headaches and even pain mimicking tooth aches.
5. Trigger points do not show up in x/rays or blood tests so they are often overlooked as a cause of pain syndromes. If left undiagnosed and untreated for a long time the continuous pain may cause the nervous system to become sensitised. With the nervous system sensitised normal stimuli become painful, plus there can be a host of other seemingly unrelated problems. This is the mechanism behind most fibromyalgia and sometimes migraines.

## **How trigger points are treated**

There are many forms of treatment for trigger points ranging from massage therapy to injections. They all work by relaxing the muscle and/or stimulating blood flow. Later in this manual we have some research on what vibration massage actually does, but the simple explanation is that the vibration causes the muscle to relax and stimulates blood flow.

## **They require regular treatments over time**

Sometimes a trigger point treatment will stop pain, providing welcome relief and an apparent cure. What actually happens though is that the trigger point is just "de-activated". That is, it reverts back to how it was before it was aggravated, just shooting pain when pressed upon. Of course it continues to have the harmful effects described previously, and will start shooting pain again when aggravated. As an example, in a study of trigger points in the shoulder muscles patients were given 12 weekly therapy sessions. Rather than use a single therapy they used a combination acupuncture needles, special stretching, massage and ice therapy. After 12 sessions of multiple therapies patients felt much better, but about 2/3 of the original trigger points remained. We believe that most forms of therapy have merit. The advantage of using our massage is that with appropriate advice patients can supplement their care at home, so economically and conveniently getting the large number of therapy applications needed.

## **Sports and exercise**

Professional sports people and athletes are extensive users of massage. It is thought of as a something to "warm up" to prepare their muscles and help prevent injuries, and something to help recovery, and rehabilitate any injuries. However, because repetitive and over exertion are common causes of the previously discussed trigger points they are extremely common in those who play sport and exercise. If one considers the implications researchers have found there are huge benefits in having regular massage therapy to find and eliminate trigger points. Lets look at some of these implications.

### **Tightening of muscles**

Trigger points cause a tightening of muscles which leads to injury. They are a likely cause of a great many injured muscles.

### **They cause muscles to rapidly fatigue and become painful.**

This is obviously detrimental to those who play sport and exercise.

## **Compensations alter the way the body and joints moves.**

When considering performance, compensations would alter the accuracy and biomechanical efficiency of any movement. When considering injuries, the compensatory movements would create abnormal stress on joints and tissues. Of particular concern is the need for muscles to coordinate the movement of joints, keeping them in proper contact to protect against injury. With trigger points present this coordination can be lost and joints become vulnerable, leading to joint pain, “impingement syndromes” and possible injury. It is for these reasons that everyone who exercises, plays sport or using a gym should have a regular therapy session (such as the home use of our massagers) to find and help eliminate trigger points. **As a big bonus, there is a lot of research that shows that if you use vibration massage like our massagers deliver either before or after exercise you will get less sore and recover faster.**

## **Fibromyalgia and other chronic pain syndromes**

Trigger points and other long term soft tissue issues are a major cause of chronic pain syndromes. As stated before, they do not show up on x/rays or in blood tests so they are often left undiagnosed and not treated appropriately. If allowed to remain the constant bombardment by pain sensitises the nervous system so even normal stimuli become painful, which results in fibromyalgia and maybe migraines.

### **Prevention of chronic pain syndromes**

If people were checked by a professional who dealt with trigger points and had regular therapy that helps keep trigger points at bay there would be a lot fewer people with chronic pain syndromes.

### **Stopping chronic pain syndromes turning into fibromyalgia**

If those with chronic pain syndromes were properly diagnosed and treated considering trigger points and other musculoskeletal issues fewer would have the constant pain barrage that brings on fibromyalgia.

### **Fibromyalgia**

When the source of chronic pain has been there long enough to sensitise the nervous system one has two difficult problems. There is the underlying problem that has been there long enough to become very entrenched, and the sensitisation of the nervous system. Fibromyalgia is often thought of as having no known cause and treated symptomatically. Recently though scientists though have come up with a sensible solution that has been shown to work. It is called elimination of peripheral pain, which is simply to treat the trigger points so they stop sending the pain signals that sensitise the nervous system.



## Health and Wellness

The previous sections on sport and chronic pain syndromes outlined how massage can be used to prevent treat injuries and chronic pain, and briefly mentioned it's role in prevention. Massage has also been thought of for health and wellbeing. The best example of this is what is known as "corporate massage" where companies supply regular massages for their employees. These are typically relatively short simple massages (eg.15 minutes while clothed and seated). There have been a lot of very encouraging studies showing their benefits. Readers are encouraged to visit our website for more information. However, such regular massages have been shown to:

- decrease anxiety and improve psychological state
- reduce pain
- increase flexibility
- improve sleep, and
- decrease blood pressure and heart rate

Such benefits used to be the privilege of the wealthy and those working for generous companies. However, practically unlimited quality regular massages can be enjoyed for a small initial cost using our DrGraeme massagers.

## Working with your practitioner

Musculoskeletal complaints and pain syndromes can be quite complex. We want those who use our massagers to be safe, have the best possible management get get the best possible results, so we ask that you seek the advice of a qualified professional. He or she can diagnose or assess you to determine your needs and work out a proper management plan. If massage is appropriate he or she can advise on things such as cautions, where and how often. If you have not got a professional we have a "Find a Clinic" section. Here we list clinics that use and possibly sell our massagers. If there is one near you this may be a good place to start.

### Using your own practitioner

If you have your own practitioner we recommend that you take your massager with you to the consultation to show them what you wish to use. They may only be familiar with some of the machines that were found by the previously mentioned UK research to be inappropriate. We very much value the support of practitioners who are able to help those who use our massagers. If he or she is interested we are happy to send them an information pack and maybe even a sample they can trial themselves. All they need to do is email us.

# What does vibration massage actually do.

## Introduction

We often get asked what vibration massage actually does. There has been a lot of research done on the effects of massage in general and the specific clinical effects of vibration massage. You can read about these on our website. We can observe things like the relaxation of muscles, a reduction in tenderness and increased blood flow. We can speculate that this increases the rate of healing. However, it is extremely difficult to see what actually happens beneath the skin. A group of researchers have changed that.

## The research

### *What they did*

For reasons that will become obvious this research was done with rats and not humans. The researchers injured the bundle of nerves that control the front leg on one side in 144 rats, then divided them into three groups. The first group was allowed to heal normally. The second received injections of a hormone that stimulates nerve growth. The third group received massage with a mechanical vibration massager. Over time the injured limbs were compared with the normal limbs using a battery of tests.

- The diameter of the legs was measured to determine the amount of atrophy (wasting).
- Nerve conduction tests were done,
- Various chemicals were tested for at the injury site.
- Blood was tested for the level of various chemicals and hormones.
- Finally autopsies were performed with the injured nerves examined using an electron microscope.

### *What they found*

They found that rats who received the hormone injections had healed better than those who healed naturally. However, they found that those treated with the vibration massager healed much better still with a host of truly remarkable changes. It has always been assumed that massage increases local blood flow therefore improving nutrition to the tissues. The researchers found this, plus a number of other remarkable results. For example, the vibration massage caused changes that actually prevented and cured muscle atrophy, plus had actually stimulated the body to produce its own growth hormones. Perhaps it is best here to actually reproduce the summary given by the researchers. There are a few technical terms, but overall it's pretty easy to understand.

### ***Effect of Mechanical Massage Treatment on Muscles of Limbs***

*Mechanical vibration massage treatment has obvious effect on muscular atrophy induced by nerve root injury. It can dilate capillary, increase volume of blood flow, so as to greatly improve blood supply and nutrition in local tissue; It can make the wall of micrangium rhythmically flatten and restore, accelerating flow of blood; And it can promote contraction and extension of muscle fibers, strengthen muscular tension, elasticity and tolerance, so, it can prevent and cure muscular atrophy.*

### ***Effect of Mechanical Massage on Secretion of NGF***

*Benign stimulation of mechanical vibration massage can activate the response of nerve immune and neuroendocrine systems, and transmit the signals to the submandibular gland through complicated ways, promoting secretion and storage of NGF in the submandibular gland. Finally, NGF is transported to brachial plexus root injury area through digestive, circulative and nerve systems. (NGF is a growth hormone)*

### ***Effect of Mechanical Massage on Repair of Injured Nerves***

*Mechanical vibration massage can effectively promote the repair of myelin sheath and axes of injured brachial plexus in the rat. It can effectively improve blood circulation of the injured myelin sheath, promote proliferation of SC and survival of the cell body of injured neurons, so as to form a necessary regenerative micro-environment early for repair of nerve, and it induces stress responses of immune and neuroendocrine systems in the rat, promotes secretion of NGF in this gland, and it can improve peripheral nerve units and excite peripheral nerves, so as to accelerate their conduction reflection.*

### ***Effect of Mechanical Massage on Na<sup>+</sup>, K<sup>+</sup>-ATPase Activities***

*Na<sup>+</sup>, K<sup>+</sup>-ATPase activity on the surface of muscular cell membrane is an important limited factor for excitability and contractile strength of muscular cells. After skeletal muscles lose nervous innervation, generation of ATP is hindered, so Na<sup>+</sup>, K<sup>+</sup>-ATPase activity decreases. Under the mechanical massage stimulation, the muscular cells cultured in vitro show increases in stress-related gene expression and protein*

*synthesis, leading to adaptability reconstruction of structures and contractile characters of the muscular cells, which are closely related with activation of Na<sup>+</sup>, K<sup>+</sup>-ATPase, and influences the distribution and functional activity of Na<sup>+</sup>, K<sup>+</sup>-ATPase on the surface of muscular cell membrane.*

*In brief, mechanical vibration massage can promote the regeneration and recovery of the brachial plexus, and effectively slow down the decrease of Na<sup>+</sup>, K<sup>+</sup>-ATPase activities induced by the nerve injury, preventing muscular atrophy, and it promotes the generation of submandibular gland NGF, providing a favorable environment for regeneration of nerve*

## Reference

*Mei R Experimental Study on Mechanical Vibration Massage for Treatment of Brachial Plexus Injury in Rats Journal of Traditional Chinese Medicine, September 2010, 190 Vol. 30, No.3*

## Ordering a massager

### Online

We have an online ordering facility on our website. We can post them to Australia, New Zealand, the UK, and the rest of Europe.

### From a clinic

There are a large number of clinics cross Australia and the UK, plus a scattering across New Zealand and Europe who use our massagers and may sell them. They are listed in the "find a clinic" section on our website.

### Practitioners

We have attractive practitioner rates. Practitioners should contact us directly for practitioner orders, wholesale, samples and further information

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Instructions

Available from: [www.healyshealthstore.com](http://www.healyshealthstore.com)  
contact : Graham Healy Mob 0411-393-503  
email: [healyshealthandfitness@hotmail.com](mailto:healyshealthandfitness@hotmail.com)  
\*\*\* registered retailer of Dr.Graeme's products \*\*\*  
**(Note: same price Nationally in Australia RRP \$90Aud)**  
\*other products of this power range 19watt developing to 35watts are being sold for \$400-\$750 Aud !  
(ripping off the public). "Dr Graeme's motivation after 25 years as a dedicated Chiropractor is Client Health Number 1 and I agree 200% with Dr.G."  
Graham Healy founder Healys Health 1985