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## Best Massage Guns of 2024

By [Deirdre Mundorf](#)



Reviewed by [Marlo Jappen Porto](#)

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Massage guns help to improve circulation, decrease pain and tension, and assist your body in recovery more quickly after a strenuous workout. These devices use vibrations to “massage” your muscles, mimicking some of the benefits of massage therapy and stretching. Massage guns are relatively easy to use on your own or with the help of a trainer or other professional. If you’re looking for the best massage gun to meet your needs, preferences, and budget, our list below includes several solid options.

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## Best Overall

### Theragun Elite »



**PROS:**

- ✓ Powerful, 16-millimeter (mm) amplitude
- ✓ Triangle grip to aid with reaching different body parts
- ✓ Bluetooth connectivity

**CONS:**

- ✗ Expensive
- ✗ Battery life isn't that long

[Buy From Amazon](#)

If you're looking for one of the top massage guns on the market – and are willing to pay a premium – check out the Theragun Elite. This powerful model can deliver as much as 60 pounds of no-stall force. This power, combined with its 16-millimeter amplitude, means you'll be able to give your muscles a deep massage for maximum blood flow, recovery, and more.

The Theragun Elite has a unique triangle grip that's designed to make it easier to target hard-to-reach muscles. It has five speed settings and comes with five attachments (a Standard Ball, Wedge, Dampener, Thumb, and Micro-point). You can easily switch between settings and view them on the organic light-emitting diode (OLED) screen. Notably, this model is equipped with Bluetooth connectivity, allowing you to pair it with the Therabody App to view different routines or customize your experience.

**Specs**

List Price:	\$399
Amplitude:	16 mm
Speeds:	5
Battery Life:	2 hours

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## Best Budget

### Aerlang Massage Gun »



#### PROS:

- ✓ Inexpensive
- ✓ 20 speeds
- ✓ Six included attachments

#### CONS:

- ✗ Several users note that the battery drains quickly
- ✗ Lower amplitude

[Buy From Amazon](#)

Retailing for just less than \$30, the Aerlang Massage Gun is the least expensive option to make our list. For the budget-friendly price, you'll get a lot out of your purchase. The massage gun comes with six different attachments, including a large round head, a small round head, a spade-shaped head, a U-shaped head, a flat head, and a tapered head. Each purchase includes a carrying case, making it easier to bring the massage

gun with you to the gym or athletic field for use after a workout or sports game.

This massage gun offers 20 speed settings ranging from 1,600 to 2,600 revolutions per minute (RPM), helping you tailor the intensity based on the specific needs of each muscle. However, with an amplitude of only 12 millimeters, it won't offer as deep of a massage as some of the other models on our list.

Specs

List Price:	\$29.98
Amplitude:	12 mm
Speeds:	20
Battery Life:	Not listed

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Best for Athletes

Hyperice Hypervolt 2 »

**PROS:**

- ✓ Long battery life
- ✓ Ergonomic design
- ✓ Approved by Transportation Security Administration (TSA) for carry-on bags

**CONS:**

- ✗ Only has three speeds
- ✗ Carrying case not included

[Buy From Amazon](#)

Athletes may want to take a look at the Hyperice Hypervolt 2 massage gun. This model weighs less than 2 pounds, making it easy to bring it with you to sporting events or the gym to use after a workout. It's even TSA-approved so you can bring it in your carry-on bag if you're traveling to a competition. The Hypervolt 2 offers a brushless, 60-watt motor, keeping the noise level to a minimum.

You can pair this massage gun with the Hyperice App via Bluetooth connection. Using the app will provide you with access to a range of warm-up and recovery routines that you can try before and after each intense workout. This model offers a relatively long battery life – up to three hours –

for extended sessions or repeated use without charging. It comes with five attachments and three speed settings for versatility.

Specs

List Price:	\$199
Amplitude:	Not listed
Speeds:	3
Battery Life:	3 hours

EXPAND LIST ▾

[Buy From Amazon »](#)

Easiest To Use

Theragun Prime »



PROS:

CONS:

- ✓

Triangle grip handle
- ✓

High amplitude
- ✓

Five speeds
- ✗

Pricey
- ✗

Only comes with four attachments

Buy From Amazon

With its patented triangle grip, the Theragun Prime makes it easy to massage difficult-to-reach areas. This product offers user-friendly controls that are conveniently located at the front end of the triangle handle. Simply press the arrows to adjust the speed and glance at the LED indicators to monitor the current settings.

The Prime delivers a powerful 16-millimeter amplitude, helping to massage deep into your muscles for maximum benefits. It comes with four attachments: a Dampener, Standard Ball, Micro-Point, and Thumb. The massage gun can be connected with the Therabody App, which offers guided sessions to help you get the most out of your purchase. Each purchase also comes with a travel case and a USB-C charging cable.

Specs

List Price:	\$299
Amplitude:	16 mm
Speeds:	5
Battery Life:	2 hours

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[Buy From Amazon »](#)

Best Compact

Ekirin Bantam Massage Gun »



**PROS:**

- ✓ Portable size makes it ideal for travel
- ✓ Long battery life
- ✓ Brushless motor for quiet operation

**CONS:**

- ✗ Just three speed settings
- ✗ Only comes with four attachments

[Buy From Amazon](#)

Whether you travel frequently or just want something more compact to stick in your gym bag, the Ekrin Bantam Massage Gun may be a suitable choice. While this massage gun may be smaller than standard-size options, it offers a lot of features that make it an appealing option. Choose from three different speed settings between 2,000 and 3,200 revolutions per minute to tailor the experience based on the specific needs of each muscle.

The Bantam includes four attachments: a flat head, a rounded silicone head, a bullet head, and a fork head. With these various options, you can massage your neck and spine, work out knots, target specific muscles, enjoy a low-impact massage for sore muscles, and more. The small massage gun boasts a six-hour battery life, helping you go longer between charges. When

it needs to be charged, you can plug it into your computer or power box using the included USB-C charging cable.

Specs

List Price:	\$149.99
Amplitude:	Not listed
Speeds:	3
Battery Life:	6 hours

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[Buy From Amazon »](#)

Best for Attachments

TOLOCO Massage Gun »



**PROS:**

- ✓ Nine attachments
- ✓ Seven speeds
- ✓ Long battery life

**CONS:**

- ✗ Lower amplitude
- ✗ Some users complain that it's too weak

Buy From Amazon

The TOLOCO Massage Gun is a top pick for those looking for a massage gun that comes with numerous attachments to help target different muscles and address recovery or pain management needs. Nine different attachments are included with each purchase: a round head, a flat head, a Y-shaped head, a fork head, an elbow head, a thumb head, a bulge head, a shovel head, and a convex head.

This massage gun offers a 12-millimeter amplitude, so it doesn't match the power of some of the models on our list with 16 millimeters of force. However, it does offer seven different speed settings to help each user find the right level for each muscle group they're targeting. The TOLOCO Massage Gun also has an LED touch screen for easy adjustments between the settings, offers a battery life of up to six hours, and comes with a USB charging cable for convenience.

**Specs:**

List Price:	\$75.99
Amplitude:	12 mm
Speeds:	7
Battery Life:	6 hours

EXPAND LIST ▾

Buy From Amazon »

## The Bottom Line

As Nader Qudimat, founder of FitFrek, explains, "Massage guns are a versatile tool for anyone looking to enhance their muscle recovery and overall well-being." When shopping for a massage gun, keep your specific needs in mind to choose one that offers the amplitude, speed settings, and attachments that you want. With many options available at a range of prices, keeping your specific budget in mind will also be important as you shop. We selected the Theragun Elite as our top pick because of its high amplitude, ergonomic triangle grip, and overall effectiveness at helping you target muscles to alleviate pain and speed up recovery after a workout.

## Things To Consider When Buying Massage Guns

**Size and Weight:** The overall size and weight of the product you choose will impact how portable it is and how easy it'll be to bring with you to the gym or sports field. Beyond carrying the massage gun around, you want to consider how the weight will impact your ability to comfortably use it. Remember, you'll be holding the device for several minutes at a time. Choosing one that's too heavy could lead to fatigue or discomfort in your hand, wrist, or arm as you try to massage your muscles when you're already sore after a workout. Heavier models will also be more difficult to maneuver and get at harder-to-reach areas.

**Amplitude:** The amplitude of a massage gun can have a direct impact on how effective the device will be at alleviating pain and aiding faster recovery. Amplitude, which refers to the stroke length of the head, is measured in millimeters. Massage guns with a high amplitude can penetrate deeper into the muscle, providing a stronger massage. This deeper penetration can cause massage guns with a higher amplitude to feel more intense even if they aren't set at the highest speed.

Generally speaking, more expensive massage guns are likely to have a higher amplitude, often somewhere between 12 and 16 millimeters. Less expensive options may have an amplitude that falls around 8 or 10 millimeters.

**Charging Time and Battery Life:** Massage guns are powered by a battery, which will need to be recharged once depleted. Paying attention to battery life is important, as it'll let you know how long you'll be able to use each device before it needs to be recharged. Comparing this information with your intended use and availability to recharge the gun as needed can help you choose a model that'll suit your needs. For example, professionals who work with multiple athletes may need a model with a longer battery life than individuals looking for a personal-use product.

In addition to considering the battery life, you'll want to take note of how long each model takes to recharge. Since you won't be able to use a massage gun while it's charging, you must take this into account when comparing charge times. Some models come with an extra battery. If you need to be able to use your device for extended periods, choosing one of these models will prevent you from being interrupted by a dead battery.

**Attachments:** Most massage guns come with a variety of attachments, but what's included can vary by model. Consider your massage needs and goals to help you prioritize which attachments you'll use. Below are some of the most common massage gun attachments and what they're used for.

- **Ball Head:** According to Qudimat, a ball head attachment is "ideal for general use on large muscle groups like quads and glutes."
- **Flat Head:** Flat head attachments can be used for a full body massage. They can also help you target sections with a smaller surface area.
- **Bullet Head:** A bullet head can be used to provide a trigger-point massage for the hands, feet, and other smaller muscles. Just take care to avoid targeting any one area for more than 15 seconds.
- **Fork Head:** Qudimat explains that fork-head attachments are "great for areas around the spine and neck, avoiding direct contact with bones."

In addition to thinking about the type of attachments you want, Calum Fraser, senior physiotherapist at Wilston Physiotherapy, says that you should consider the material from which the attachments are made. He explains, "If you are looking for a nice relaxing massage then you definitely need the soft or spongy type attachments. If you like a heavy massage or have particularly tight muscles then you will need the firm attachments."

**Noise Level:** Don't forget to consider noise level as you're looking for a new massage gun. While some models offer features such as a brushless motor for quieter operation, other products can be quite noisy. Depending on where and when you plan on using a massage gun, finding a quiet model may be more important to you. For example, if you'll be using the massage gun at home while the kids are asleep or in a busy locker room, you might want to prioritize choosing a quieter option that won't disturb others. If you'll only be using it when you're alone, noise level may be less important to you.

Noise level is measured in decibels (dB). As you shop, compare the decibel ratings of each brand, keeping in mind that the average noise level of a room is between 30 and 50 decibels.

**Additional Features:** Last but not least, think about any additional features that you'd like to see in the model you choose. One such feature to consider is the number of speed settings and the revolutions-per-minute range. Revolutions per minute is a measurement that indicates the number of times the massage head will hit each minute. A base range to look for should be somewhere between 2,000 and 3,200, as this will provide you with different intensity options to suit the needs of various muscles.

If you like keeping up with the latest technology, then you might also want to look for a massage gun that offers smart features. Some models can pair with an app using Bluetooth connectivity, making it possible to view custom routines and options to help you alleviate muscle pain, warm up, or recover from an intense workout.

## How We Chose the Best Massage Guns

We conducted detailed research when compiling our list of the best massage guns. In addition to gathering information from professional reviewers and considering feedback from users, we also reached out to two experts in the fitness industry: Nader Qudimat, founder of [FitFrek](#), a company that strives to help individuals gain muscle through exercise, nutrition, sports psychology, and supplements, and Calum Fraser, senior physiotherapist at [Wilston Physiotherapy](#). We then narrowed down our list of product recommendations to offer options for a range of needs and budgets.

## WHY SHOULD YOU TRUST US?

Our contributors and editors have years of experience researching, testing, and reviewing products. The author of this piece, [Deirdre Mundorf](#), has five years of experience writing reviews about home products. Mundorf regularly contributes to U.S. News 360 Reviews and has also written for several other online publications, including Bob Vila, USA Today, and House Digest.

## FAQ

How do you use a massage gun?



What are the benefits of using a massage gun?



How long should you use a massage gun?



## About Our Team



### Deirdre Mundorf

Contributor



Mundorf is a freelance writer who specializes in home goods, family, and pet content. She has more than three years of experience as a professional writer and her work has been featured in [Bob Vila](#), [Discover Magazine](#), and [House Digest](#). Prior to her freelancing career, Mundorf was an elementary school teacher for more than a decade.

[Read more](#)

### Marlo Jappen Porto



## Former Editor



Marlo Jappen Porto is a former editor for U.S. News 360 Reviews, focusing on home goods. Prior to joining the team, she was a researcher at NBCUniversal, where she gathered compelling and relevant archival content for live broadcasts. In addition, she has spent years working as an editor and community journalist.

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