

Experience Percussive Therapy:
Programming Strategies

Therabody
University

Our Mission

Theragun University

We will educate to empower people to feel better and be better, naturally.

Through the implementation of Theragun Percussive Therapy into your own life and the lives of people you work with, our goal is to help as many people possible.

- We believe in optimizing quality of life through professional-grade: education, programming, and products.
- We create and deliver evidence-based professional education experiences for personal trainers, medical practitioners, and licensed massage therapists.



Session Objectives

By the end of the session you will:

- Understand a new system as it applies to enhancing programming strategies
- Gain knowledge of the science behind wellness solutions with a focus on physiological and neurological effects.
- Learn how to implement new programming solutions into your practice.

Innovation is Our DNA

First Percussive
Therapy Device

First Connected
Device

First USDA Certified
Organic CBD

Faster. Safer. More
Effective Pneumatic
Compression device

First Smart Electric
Stimulation Device



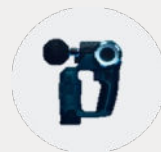
2008



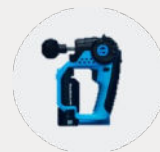
2009



2010



2012



2013



2016
G1

Theragun is
launched



2017
G2



2019
G3



2020
G4

Rebranded
as Therabody

Evolution of Therabody

Everybody is different. Different needs, preferences, lifestyle, and schedule. Therabody's portfolio provides solutions that can help everyone.

Therabody can pride itself on having solutions that are:

- **Active:** require energy and focus to use
- **Passive:** can be used while multitasking
- **Targeted:** can be used on the exact area
- **Global:** provide whole body or large area benefits
- **Consumer:** Based: for anyone
- **Prosumer:** Based: for the professional use



Method vs. System

Method

Basic knowledge-based approach to treating specific ailments, limited scalability.

System

Principles and understanding-based approach that can be broadly applied to many scenarios without the need of a specific protocol.



Principles of Therabody System

- Integrate evidence based practice with practice based evidence
- N=1, every patient/clinician/scenario is unique
- Movement quality matters
- Assess, treat, re-asses
- Regional Interdependence
- Teamwork makes the dream work (interdisciplinary care)
- Education and Scientific Advancement
- Tool and Technique



A man in a grey t-shirt and dark shorts is performing a squat in a gym. He is holding a barbell with red weight plates across his shoulders. The gym background shows various pieces of equipment and another person in the distance. The number '10' is overlaid in large white font.

10

Percussive Therapy

What is the history of pressing on sore muscles?

The idea of rubbing and squeezing sore muscles is something humans have been doing for millennia. Think about how good it feels to have someone rub and squeeze your shoulders. Or when you have a sore arm, you squeeze and rub it. This application of pressure and vibration is an instinctive response.

Percussive therapy is the latest innovation in this history, the first time both pressure and vibration can be applied together.



Local Responses

- Thixotropy
- Increased blood flow to the treated area
- Increased oxygenation of the muscles treated
- Increased transport of metabolites to and from the area
- Increased local temperature of the tissues treated
- Improved myofascial function



Global Responses

- Reduction in acute muscle pain
- Mechanoreceptor stimulation
- Reduction in muscle tension
- Increased excitability of the central nervous system
- Increased relaxation



Designed For Performance, Created For Results

Our superior patented triangular design creates no pressure on your elbow or wrist when reaching over 95% of your body

Research shows that our commitment to both function and design results in larger and longer lasting effects compared competitor devices.



Torque:
60 pounds of applied pressure deepest muscle treatment

Ergonomics:
Patented design allows for optimal comfort when using without putting added pressure on wrists and hands

Frequency:
Customizable speed via the Therabody App ranging from 1750- 2400 percussions per minute

Amplitude:
16mm depth treats 60% deeper than vibration therapy

Closed cell PU foam attachments

Smart Percussive Therapy



Theragun PRO

- Bluetooth Connectivity
- 3 Built-In App-Guided Treatment Presets
- Force Meter
- Customizable Speed Range
- Wireless Charging Enabled
- OLED Screen
- Hard Travel Case
- 2 Swappable Batteries (150 minutes each)
- Lithium-Ion Battery Charger
- Attachment Pouch
- 6 Attachments: Dampener, Standard Ball, Wedge, Thumb, Cone, Supersoft

Theragun Elite

- Bluetooth Connectivity
- 3 Built-In App-Guided Treatment Presets
- Force Meter
- Customizable Speed Range
- Wireless Charging Enabled
- OLED Screen
- Hard Travel Case
- Internal Lithium-Ion Battery (120 minutes)
- Power Adapter
- 5 Attachments: Dampener, Standard Ball, Thumb, Cone, Wedge

Theragun Prime

- Bluetooth Connectivity
- App-Guided Treatment Presets
- 5-Speed Range With Optional App Control
- Travel Pouch
- Internal Lithium-Ion Battery (120 minutes)
- Power Adapter
- 4 Attachments: Dampener, Standard Ball, Thumb, Cone

Theragun mini

- Ultra-Portable
- 3 Speeds (1750, 2100, 2400 PPMs)
- 12mm of muscle treatment depth
- Soft Travel Case
- Internal Lithium-Ion Battery (150 minutes)
- Power Adapter
- Standard Ball Attachment



2.0

Local Vibration

What is Local Vibration Therapy?

Local vibration therapy can be defined as the application of vibration and static pressure to the body. This vibration stimulus causes the tissues to oscillate thus creating a neurophysiological response

It combines the science of amplitude, frequency, and pressure.



Responses

Primary Responses:

- Thixotropy
- Mechanoreceptor stimulation
- Pain modulation
- Increased blood flow



Benefits

- Improved circulation
- Reduced DOMS (delayed onset muscle soreness)
- Improved range of motion and flexibility
- Enhance recovery time
- Provide more comfortable experience compared to traditional soft tissue tools



Wave Series

Smart devices combining powerful vibration therapy and an innovative wave texture for a more efficient rolling experience



Wave Roller Full Body and Large Muscle Mass

- 12" for full-body support
- Textured high-density foam
- Hypoallergenic surface
- Bluetooth connectivity
- 5 Intensity
- 3 hours battery life
- USB-C powered

Wave Duo Contoured to the Neck and Back

- Contoured design to neck, back & calves,
- Wave texture for max traction
- Hypoallergenic surface
- Bluetooth connectivity
- 5 Intensity settings
- 200 minutes battery life
- USB-C powered

Wave Solo Pinpointed Treatment

- 3" in diameter
- QuietRoll Technology
- Hypoallergenic Surface
- Bluetooth connectivity
- 3 Intensity settings
- 120 minutes battery life
- USB-C powered

3.0

Pneumatic Compression



Why Compression?

Physical activity produces metabolic waste products in the muscles. The increasing amount of waste in the muscle causes a decrease in performance, increase of muscle fatigue, and soreness

The body will naturally get rid of this waste, but the process can be slow. However, there are ways to speed up this process.

Compression of limbs is one of these methods; it helps improve circulation which in turn helps recovery. Compression can come from clothing, massage, percussive therapy, but one of the best methods is ISPC (intermittent sequential pneumatic compression)



Intermittent Sequential Pneumatic Compression (ISPC)

ISPC is the controlled external pressure using compressed air and a pump, which sequentially inflates and deflates the chambers within a designed leg boot or sleeve

This sequential inflation and deflation mimics the leg muscle pump action and supports improved circulation.



Benefits

- Improved circulation and recovery
- Reduced DOMS (delayed onset muscle soreness)
- Decreased stiffness and swelling
- Improved range of motion and flexibility
- Improved transport and uptake of metabolic waste
- Improved soft tissue and bone healing
- Improved arterial function
- Prevent DVT (deep vein thrombosis)



Product Line-up



JetBoots



RecoveryAir Prime



RecoveryAir Pro

A person is sitting on a blue mat, wearing a white tank top and black shorts. They are holding a smartphone in their right hand. Several blue E-Stim electrodes are attached to their legs, with wires connected to a device. The background is a bright blue surface.

4.0

E-Stim

Why Electricity

Electricity mimics the signals sent by neurons.

- Sensory (what we feel)
- Motor (how we move)

Electrical stimulation is when we use technology to create these signals



What is NMES & TENS

Neuromuscular Electrical Stimulation

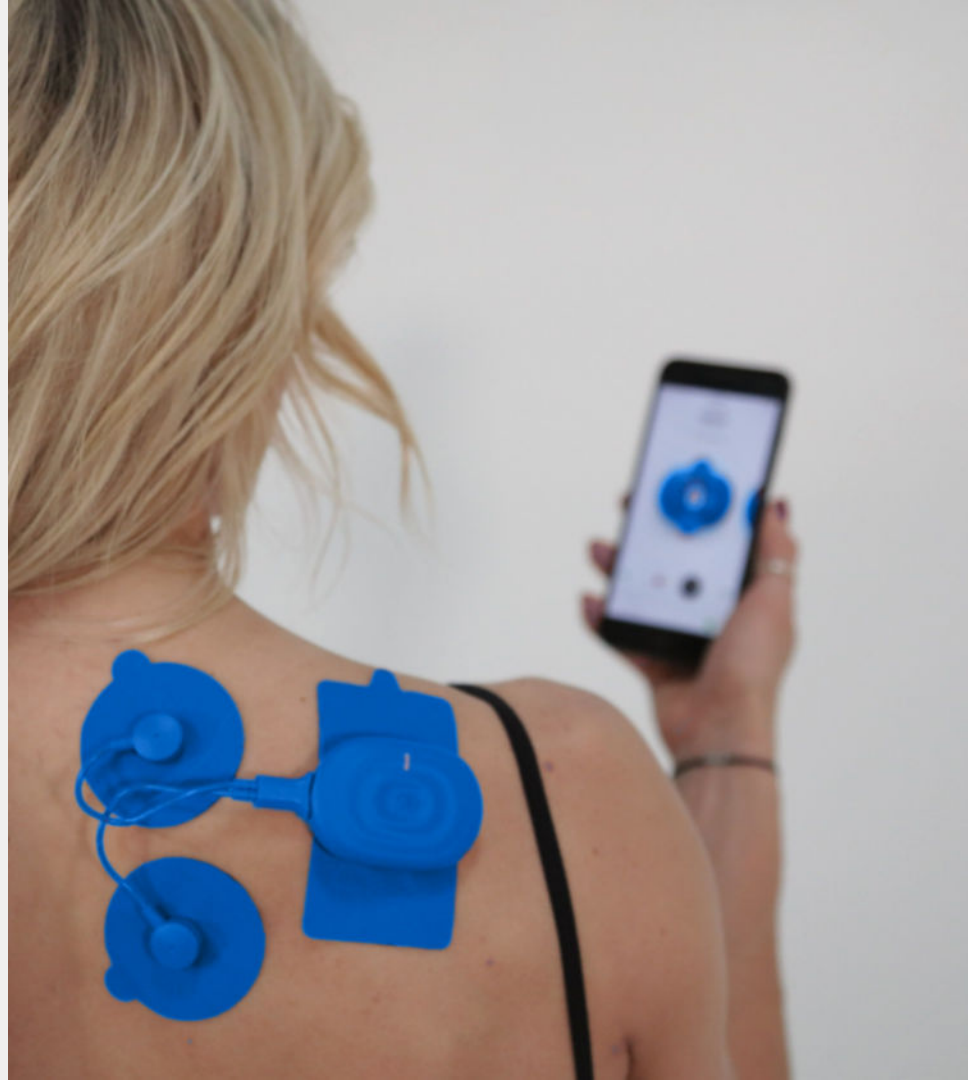
Targets and force contractions of Type-I and Type - II muscle fibers

Speeds up muscle recovery and increases muscle strength

Transcutaneous Electrical Nerve Stimulation

Sends electrical pulses to stimulate sensory nerves and provides temporary pain relief to applied area

Works with chronic and acute pain



Responses

Local

- Stimulates A-beta sensory nerves (afferent)
 - Pain modulation
- Stimulates motor nerves (efferent)
 - Increased local blood flow
 - Recruitment of both muscle fibers types
 - Anabolic cellular signalling

Global

- Increased blood flow
- Endorphin release
- Reestablish neural pathways of CNS



Benefits



Athletic Performance

- Muscle Recovery
- Strength
- Endurance
- Warmup

Pain Relief

- Block Pain Signals
- Endorphin Release
- Improve Circulation
- Reduce Inflammation

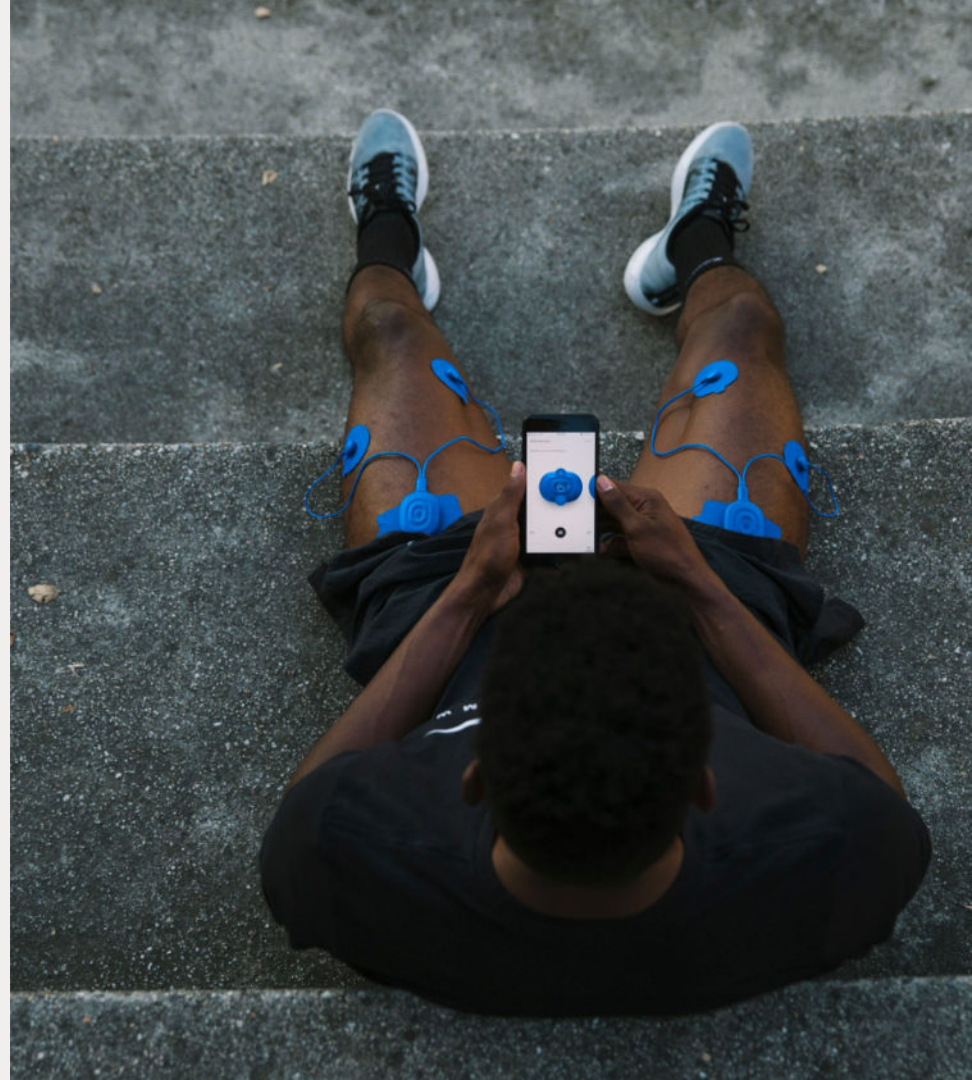
Injury Rehab

- Muscle Recruitment
- Improve Circulation
- Strength
- Reduce Inflammation

PowerDot

Therabody acquires Smart Muscle Stimulator PowerDot

A **passive** and **targeted** solution that packs the proven concepts of NMES and TENS into a sleek, lightweight pod you can use anywhere to new your muscles and recharge your recovery



Product Line



PowerDot 2.0

The Uno is a single PowerDot that allows you to stimulate one side of the body at a time.

Whats Included

- 1 PowerDot Pod
- 1 Set of Electrode Pads
- 1 Set of Lead Cables (10cm & 30cm)
- 1 Micro USB Charging Cable
- Protective Carrying Case

PowerDot 2.0 DUO

The Duo edition accelerates recovery by allowing you to stimulate both sides of your target muscle group at once.

Whats Included

- 2 PowerDot Pod
- 2 Set of Electrode Pads
- 3 Set of Lead Cables (10cm & 30cm)
- 2 Micro USB Charging Cable
- Protective Carrying Case

PowerDot Pro

Our best-selling option for athletes and those living an active lifestyle.

Whats Included

- PowerDot 2.0 Duo Pod
- Set of Electrode Pads
- Set of Lead Cables
- 2Micro USB Charger
- Protective Carrying Case
- 2 Extra Sets of Electrode pads
- Butterfly Back Pad

PowerDot 2.0 Electrode Pads

Keep your recovery going with replacement pads. A single pack contains 2 rectangular electrode pads, and 4 round electrode pads.

PowerDot 2.0 Butterfly Back Pads

Recharge one of your most hard-to-reach areas by mirroring treatment on both sides. A single pack contains 1 large reusable butterfly back pad.

PowerDot Dock |

Our convenient PowerDock charging station makes charging easier than ever



User Guide

Application



Breakout



Recovery Air

RecoveryAir systems sequentially compress the legs to more quickly flush out metabolic waste and bring fresh, oxygenated blood back to the area. This increase in circulation helps reduce muscle soreness and fatigue more globally in the body.

Benefits & Effects

- Intermittent Sequential Pneumatic Compression (ISPC) is a mechanical method of successive constriction cycles produced by compressed air from a pump that pressurizes an inflatable garment, such as a boot or sleeve.
- This sequential inflation and deflation mimics the leg muscle pump action and supports venous return.
- By promoting venous return, the body accelerates the normal transportation and absorption of factors involved in soreness and fatigue in the muscles, which reduces metabolic waste.



Wave Series

Local vibration therapy can be defined as the application of vibration and static pressure to the body. This vibration stimulus causes the tissues to oscillate thus creating a neurophysiological response.

Benefits & Effects

- Improved circulation
- Reduced DOMS (delayed onset muscle soreness)
- Improved range of motion and flexibility
- Enhance recovery time
- Provide more comfortable experience compared to traditional soft tissue tool



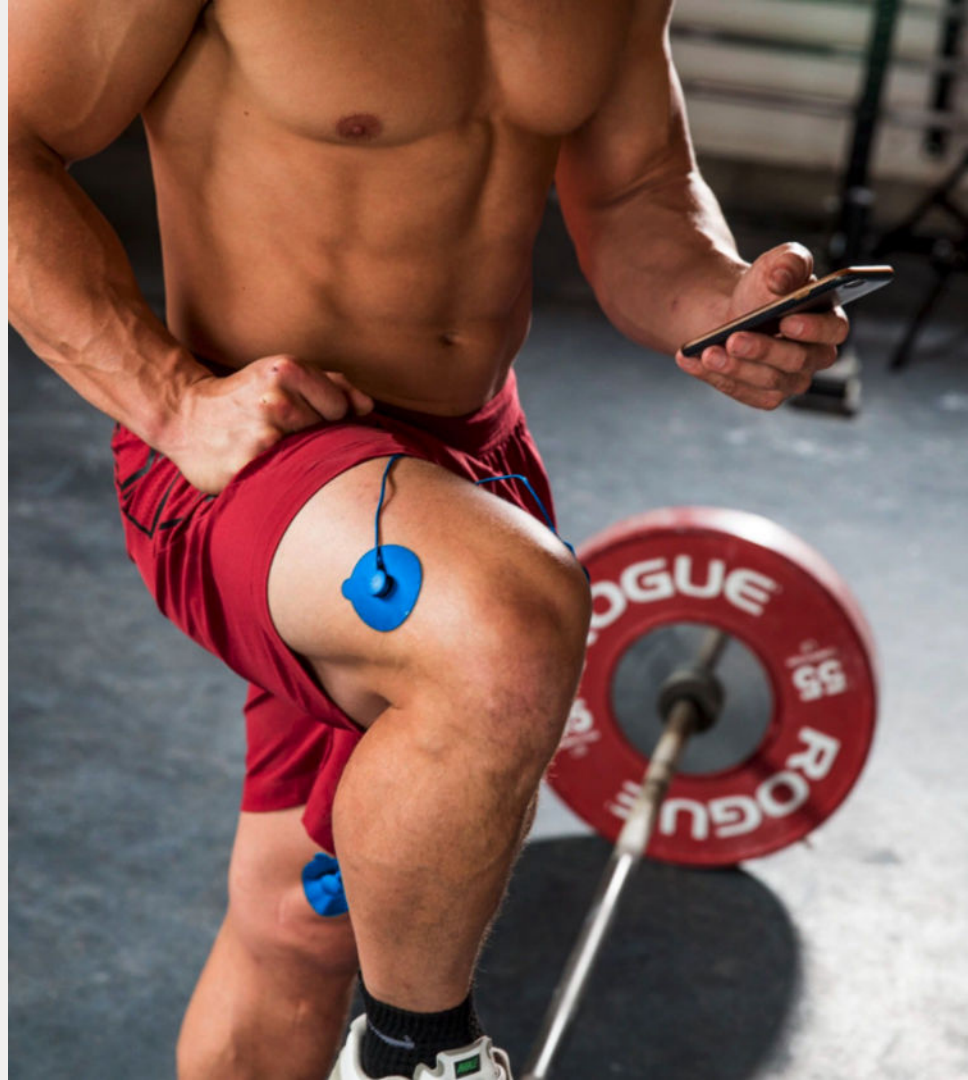
PowerDot

Electricity mimics the signals sent by neurons (the cells in your nervous system). These signals can mimic the signals that control what you feel (sensory) and how you move (motor - making your muscles contract).

Electrical Stimulation is when we use technology to generate signals via sensory and/or motor nerves.

Benefits & Effects

- Decreased pain, soreness, and inflammation
- Increased blood flow, oxygen and nutrient delivery to tissues, clearance of waste products from tissues
- Muscle potentiation
- Neuromuscular reeducation and crosseducation
- Increased power, strength, and hypertrophy
- Improved ROM and movement
- Improved function and health of soft tissues





Ailments

Theragun

Percussive therapy can be defined as the rapid and repetitive application of pressure perpendicular to the body. This percussive stimulus causes the tissues to experience both pressure and vibration. It combines the science of amplitude, frequency, and torque –the essential triad required to relieve pain, improve movement, and aid in recovery.

General Guidelines

- Turn it on Before Contact: Always turn on the Theragun before applying it to the body.
- Start by Floating it on the Body: Allow the Theragun to rest on the body and “float” across the treated area.
- Move with Intent: Control the speed, direction, and force based on your goal.
- Explore the Area: As you use percussive therapy, explore how it feels and experiment to find what works best for you.
- Breathe Throughout: Relax and focus on your breathing throughout the treatment.

Benefits & Effects

- Decreased pain and soreness
- Protective effects - reduced soreness post exercise
- Decreased muscle tension/tone
- Improved ROM and movement
- Improved neuromuscular performance
- Improved function and health of soft tissues
- Increased blood flow, oxygen and nutrient delivery to tissues, clearance of waste products from tissues
- Perceptual responses - relaxation, pleasure, therapeutic



Tech Neck

Theragun

Time: 4 minutes
Attachment: Dampener
Frequency: 2100 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Biceps

Pecs

Upper Back

Lats

Carpal Tunnel

Theragun

Time: 5 minutes
Attachment: Dampener
Frequency: 2100 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Forearms
Flexors

Forearms
Extensors

Palms of the
Hands

Plantar Fasciitis

Theragun

Time: 4 minutes
Attachment: Dampener
Frequency: 2100 ppm
Force: Low (1-3)
Duration: 60s per area
Speed: Slow - 1 inch per second



Dampener



Feet (Soles)

Calves

Muscle Cramps

Theragun

Time: 4 minutes
Attachment: Dampener
Frequency: 2100 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Calves

Hamstrings

Glutes

Quads

Sciatica

Theragun

Time: 5 minutes
Attachment: Dampener
Frequency: 2100 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Lower Back

Hamstrings

Calves

Shin Splints

Theragun

Time: 2 minutes
Attachment: Dampener
Frequency: 2100 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Shins

Knots

Theragun

Time: 1 minute
Attachment: Dampener
Frequency: 2100 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Traps

Low Back Stiffness

Theragun

Time: 3 minutes
Attachment: Dampener
Frequency: 2100 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Hip Flexors

Glutes

Lower Back

Knee Recovery

Time: 4 minutes
Attachment: Supersoft
Frequency: 2100 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Supersoft



Quads



IT Bands



VMO



Patella

Elbow Recovery

Time: 1 minute
Attachment: Dampener
Frequency: 2100 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Forearm Flexors



Forearm Extensors

Office Stiffness

Theragun
Time: 2 minutes
Attachment: Dampener
Frequency: 2100 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Forearm Flexors



Traps



Lower Back



Calves



General Recovery Sessions

Theragun

Percussive therapy can be defined as the rapid and repetitive application of pressure perpendicular to the body. This percussive stimulus causes the tissues to experience both pressure and vibration. It combines the science of amplitude, frequency, and torque –the essential triad required to relieve pain, improve movement, and aid in recovery.

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Benefits & Effects

- Decreased pain and soreness
- Protective effects - reduced soreness post exercise
- Decreased muscle tension/tone
- Improved ROM and movement
- Improved neuromuscular performance
- Improved function and health of soft tissues
- Increased blood flow, oxygen and nutrient delivery to tissues, clearance of waste products from tissues
- Perceptual responses - relaxation, pleasure, therapeutic

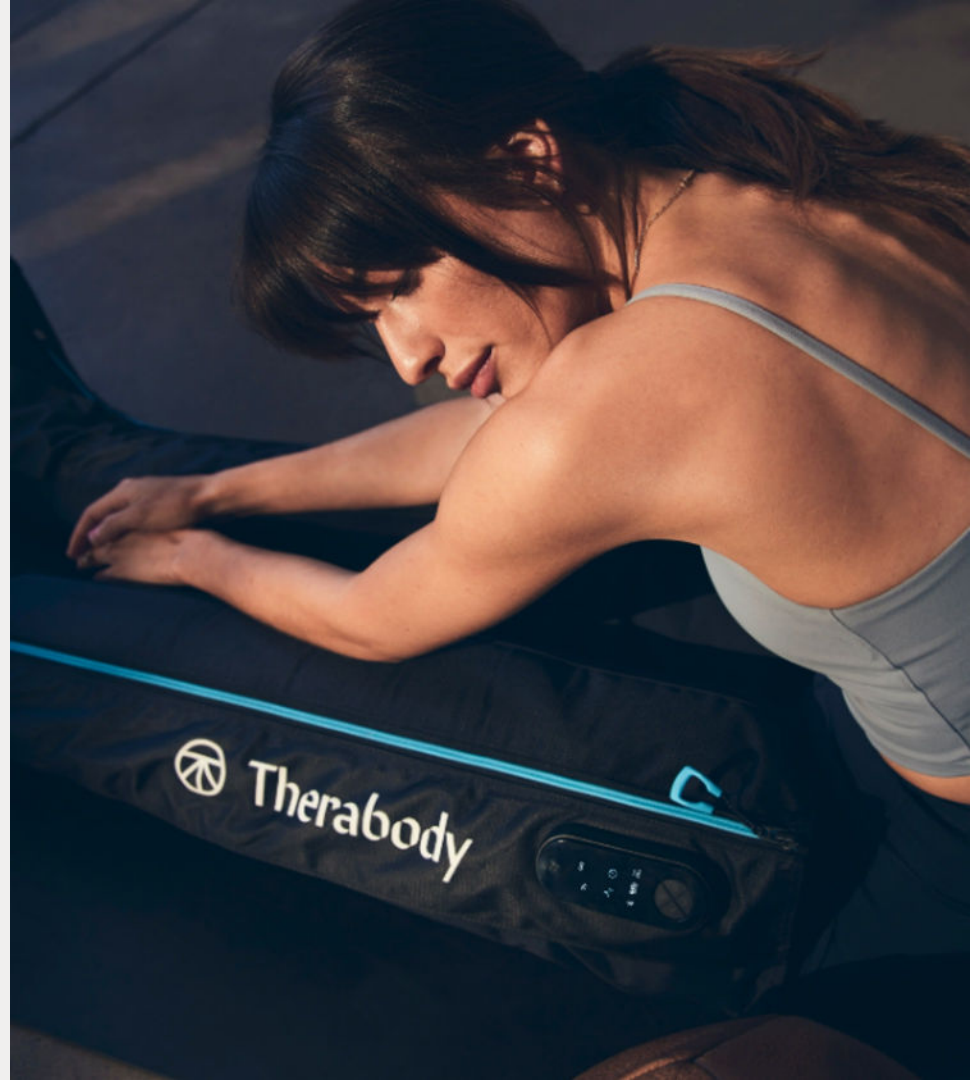


Recovery Air

RecoveryAir systems sequentially compress the legs to more quickly flush out metabolic waste and bring fresh, oxygenated blood back to the area. This increase in circulation helps reduce muscle soreness and fatigue more globally in the body.

Benefits & Effects

- Intermittent Sequential Pneumatic Compression (ISPC) is a mechanical method of successive constriction cycles produced by compressed air from a pump that pressurizes an inflatable garment, such as a boot or sleeve.
- This sequential inflation and deflation mimics the leg muscle pump action and supports venous return.
- By promoting venous return, the body accelerates the normal transportation and absorption of factors involved in soreness and fatigue in the muscles, which reduces metabolic waste.



Wave Series

Local vibration therapy can be defined as the application of vibration and static pressure to the body. This vibration stimulus causes the tissues to oscillate thus creating a neurophysiological response.

Benefits & Effects

- Improved circulation
- Reduced DOMS (delayed onset muscle soreness)
- Improved range of motion and flexibility
- Enhance recovery time
- Provide more comfortable experience compared to traditional soft tissue tool



Theragun Break

Theragun

Time: 3 minutes
Attachment: Dampener
Frequency: 2300 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Traps

Glutes

Traps

Lats

~7 Minute Recovery

Theragun

Time: 5 minutes
Attachment: Dampener
Frequency: 2300 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Feet (soles)

Hamstrings

Quads

Traps

~10 Minute Recovery

Theragun

Time: 5 minutes
Attachment: Dampener
Frequency: 2300 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Feet (soles)

Hamstrings

Quads

Lower Back

Traps

Wave Duo

Time: 90s
Duration: 30s per area
Speed: 3



Glutes

Upper Back

Wave Roller

Time: 2 minutes
Duration: 30s per area
Speed: 3



Glutes

Lats

Wave Duo

Time: 90s
Duration: 45s per area
Speed: 3



Mid Back

Upper Back

15 Minute Recovery

Time: 5 minutes
Attachment: Dampener
Frequency: 2300 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Feet (soles)



Hamstrings



Quads



Lower Back



Traps

Recovery Air

Time: 10 minutes
Area: Lower Body

~20 Minute Recovery

Theragun

Time: 5 minutes
Attachment: Dampener
Frequency: 2300 ppm
Force: Low (1-3)
Duration: 30s per area
Speed: Slow - 1 inch per second



Dampener



Feet (soles)



Hamstrings



Quads



Lower Back



Traps

Wave Roller

Time: 2 minutes
Duration: 30s per area
Speed: 3



Glutes



Lats

Wave Duo

Time: 90s
Duration: 45s per area
Speed: 3



Mid Back



Upper Back

Recovery Air

Time: 10 minutes
Area: Lower Body

~22 Minute Recovery

Theragun

Time: 5 minutes

Attachment: Dampener

Frequency: 2300 ppm

Force: Low (1-3)

Duration: 30s per area

Speed: Slow - 1 inch per second



Dampener



Feet (soles)



Hamstrings



Quads



Lower Back



Traps

Wave Roller

Time: 2 minutes

Duration: 30s per area

Speed: 3



Glutes



Lats

Wave Duo

Time: 90s

Duration: 45s per area

Speed: 3



Mid Back



Upper Back

Wave Solo

Time: 3 minutes

Duration: 30s per area

Speed: 3



VMO



TFL



Feet (soles)

30 Minute Recovery

RecoveryAir Only

Time: 30 minutes

Area: Lower Body

Recovery Air

Time: 10 minutes

Area: Lower Body



Energize Sessions

Theragun

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Benefits & Effects

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- Protective effects - reduced soreness post exercise
- Decreased muscle tension/tone
- Improved ROM and movement
- Improved neuromuscular performance
- Improved function and health of soft tissues
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- Perceptual responses - relaxation, pleasure, therapeutic



Wave Series

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Benefits & Effects

- Improved circulation
- Reduced DOMS (delayed onset muscle soreness)
- Improved range of motion and flexibility
- Enhance recovery time
- Provide more comfortable experience compared to traditional soft tissue tool



1 Minute Session

Wave Roller

Time: 1 minute
Duration: 30s per area
Speed: Slow - 1 inch per second



Mid Back



Upper Back

2 Minute Session

Theragun

Time: 2 minutes
Attachment: Dampener
Duration: 30s per area
Frequency: 2400 ppm
Force: High



Quads



Hamstrings



Traps



Dampener

5 Minute Session

Theragun

Time: 4 minutes
Attachment: Dampener
Duration: 30s per area
Frequency: 2400 ppm
Force: High



Quads



Hamstrings



Lats



Traps



Dampener

Wave Duo

Time: 1 minute
Duration: 30s per area
Speed: 3



Upper Back

~10 Minute Recovery

Theragun

Time: 5 minutes
Attachment: Dampener
Frequency: 2400 ppm
Force: High
Duration: 20s per area



Dampener



Calves



Quads



Hamstrings



Glutes



Lats



Traps



Hands (palms)

Wave Duo

Time: 2 minutes
Duration: 60s per area
Speed: 3



Mid Back



Upper Back

Wave Solo

Time: 2 minutes
Duration: 60s per area
Speed: 3



Feet (soles)

10 Minute (Powerdot Only)

Powerdot

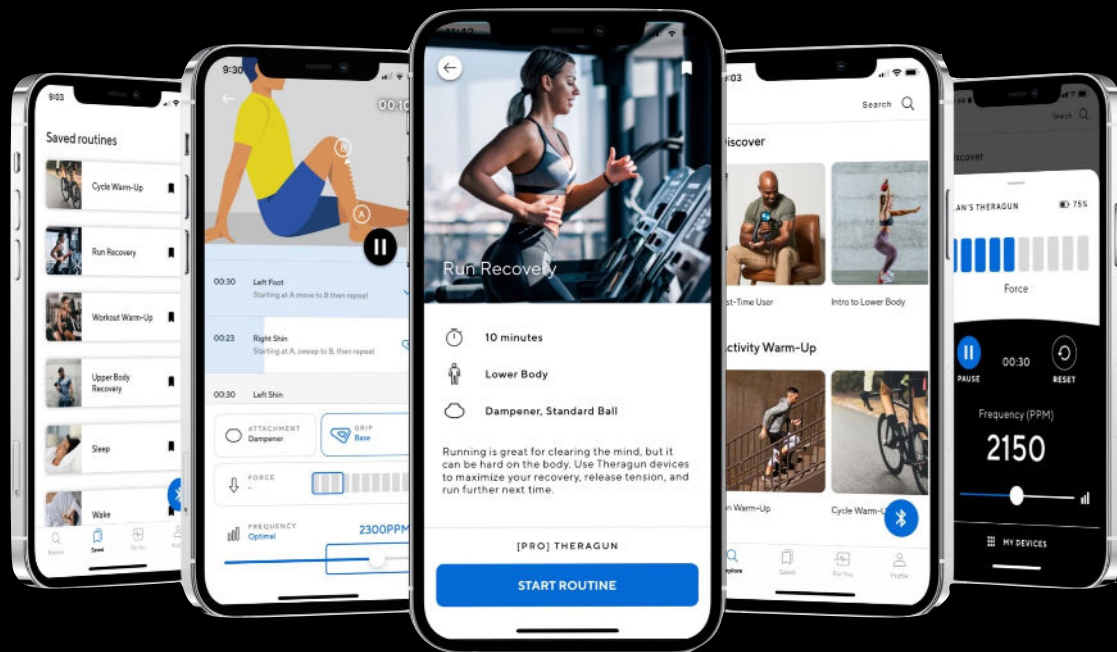
Time: 10 minutes



Quads

Therabody App

Innovative, proactive, and holistic approach to whole-body wellness with guided wellness routines before, during, and after activity



Sleep Study

Results Confirm Effectiveness of
Theragun Percussive Massage & our
Sleep Protocol via the Therabody App
Improves Sleep Efficiency and Quality of
Life

Decreased Latency

87%

Of participants fell asleep faster

This was an average of 4mins
15secs faster falling asleep each
night.

Increased Efficiency

70%

Of participants had less
awakenings/sleep disruptions

This was an average of 7% less
awakenings per participant.



Biostrap
Labs
Validated

Q&A



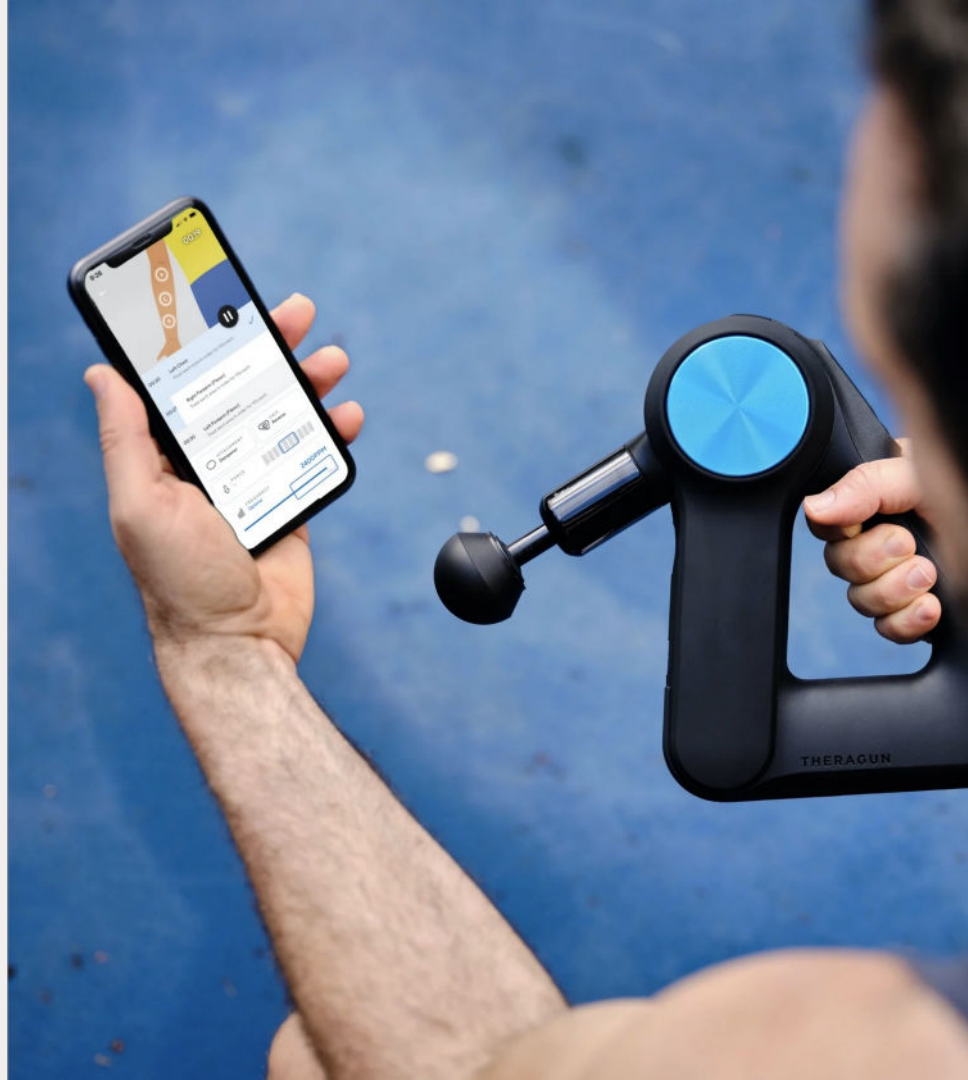
The App That Gets You, Learns from You, and Guides You

Introducing the Therabody App

As humans, we are continually changing. Your body won't feel the same every day, so neither should your recovery routine.

The Therabody app is an essential companion to any Theragun product. Our priority is to always deliver the most customized, advanced, and personalized programs and user experience.

The Therabody app integrates with Apple Health, Google Fit, and Samsung Health to learn from your activity and deliver personalized suggestions around how to use your Theragun products to benefit your muscles and optimize your daily experiences.



Therabody University

- We believe in optimizing quality of life through professional-grade: education, programming, and products.
- We create and deliver evidence-based professional education experiences.



200 & 300 Series Courses - Provide individuals the next level Theragun Percussive Therapy education specific to their Profession.

Following completion of these four-hour courses you receive a certificate of completion as well as continuing education credits (NASM, AFAA, PTA Global, ISSA, CanFitPro, CSCCa, NCSF, CIMSPA, NCBTMB, MTA, BOC, CMMOTA, ACE, PACE; varies by course type). The courses build upon the Foundations 101 and cover in detail how Theragun Percussive Therapy can support the performance, recovery, and well-being of specific activities and populations.

- 201 – Performance Specialist Course
- 202 – Licensed Massage Therapist Course
- 301 – Practitioner Course

Experience Percussive Therapy: Programming Strategies

Therabody
University

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