

Meta Description tag

Discover the **best massage gun for runners** in this detailed review. See which **massage gun** is best to improve your running performance.

7 Best Massage Guns for Runners in 2023

Running is probably the most popular cardio workout in the world and for a very good reason. It has so many health benefits I can't even count all of them. But what about the time after your workout? You know what I mean — when your muscles get sore, and pain kicks in... Ooh, not pleasant!

Well, the **best massage gun for runners** can help you there.

It's great that so much emphasis is put on working out these days. How to achieve proper form, what workouts to do, what results you can expect from them... I love it. But post-workout recovery is just as important. The great thing about the modern world is that there are so many gadgets to help you.

Let's find out more about how to use massage guns and which is the **best leg massager for runners**. Believe me when I tell you, your muscles will thank you!

Let's brrrrrr!

| PRODUCT | AVERAGE SCORE | POWER | BATTERY LIFE | ERGONOMICS | SPEED OPTIONS | DURABILITY | NOISE LEVEL | PRICE/QUALITY |
|------------------------------|---------------|-------|--------------|------------|---------------|------------|-------------|---------------|
| Theragun Massage Gun 5th Gen | 5 | 4.8 | 5 | 5 | 5 | 5 | 5 | 4.9 |
| Ekrin BANTAM Massage Gun | 4.8 | 4.8 | 5 | 5 | 5 | 4.7 | 5 | 4.9 |
| TOLOCO Massage Gun | 4.8 | 4.6 | 5 | 4.7 | 5 | 4.8 | 4.9 | 5 |
| Ekrin B37 Massage Gun | 4.7 | 4.7 | 5 | 4.8 | 4.6 | 4.7 | 5 | 4.6 |
| Bob and Brad | 4.7 | 4.6 | 4.5 | 4.8 | 4.5 | 4.8 | 4.9 | 4.7 |

| | | | | | | | | |
|--------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Message Gun | | | | | | | | |
| Opove M3 Pro Massage Gun | 4.6 | 4.5 | 4.6 | 4.4 | 4.4 | 4.9 | 4.7 | 4.6 |
| DACOR M Massage Gun | 4.3 | 4.3 | 5 | 4.2 | 4.6 | 4.3 | 4.5 | 4.1 |

Top 7 Best Massage Guns for Runners in 2023 Reviewed

1. [Theragun Massage Gun 5th Gen](#) – Top Pick
2. [Ekrin BANTAM Massage Gun](#) – Best Compact
3. [TOLOCO Massage Gun](#) – Budget Pick
4. [Ekrin B37 Massage Gun](#)
5. [Bob and Brad Massage Gun](#)
6. [Opove M3 Pro Massage Gun](#)
7. [DACORM Massage Gun](#)

1. [Theragun Massage Gun 5th Gen](#) – Top Pick



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This absolute gem of a device is my top pick, hands down. TheraGun knocked it out of the park with their fifth-generation model, and its position on this list as the **best percussive massager for runners** is more than well-deserved.

Power Source: Battery powered

Item Weight: 4.1 lbs.

Size: 11.22 x 10.55 x 4.69 inches

Speed of Rotation: 2400 rpm

Noise Level: 60–67 dB

Product Benefits/ Use For: Runners

Items Included: Device, 5 attachments, Usb-C charging cable, travel pouch

Special Features: Therabody smart app

This top-of-the-line massage gun is extremely user-friendly and at the same time, packed with features and delivers a more than impressive performance.

You know that annoying tightness you get in your neck that you can't seem to get rid of? It's like someone poking you aggressively non-stop. Not only is that painful, but it's also irritating beyond belief. Theragun can help you with that.

Its motor is crazy powerful and reaches 60% deeper than your average handheld massage gun. Oh, and that soreness you get from a super intense running session? This will help with that, as well.

It's amazing at releasing muscle knots and improving circulation.

Another great thing about it is that it's portable and travel-friendly. It's lightweight, so your hand never gets tired, and it also comes with a protective pouch so you can take it anywhere without having to worry that you'll damage it.

But my favorite thing about the Theragun is the Therabody Smart app. You can easily connect your Theragun to the app via Bluetooth. The app can also give you a guided massage experience. There's a force meter to monitor pressure and several preset massage routines. I tell you; this massage gun is a league of its own.

Now, it does come with a fairly high price point, which may discourage some. I get it; you think it's only a massage gun. So, why should it cost so much? But this 5th gen **running massager** is the cream of the crop, and it's worth every cent!

Average Score: 5

Power: 4.8

Battery Life: 5

Ergonomics: 5

Speed Options: 5

Durability: 5

Noise Level: 5

Price/Quality: 4.9

Positives:

- ✓ Therabody smart app
- ✓ Lightweight
- ✓ Ergonomic design
- ✓ Comes with 5 attachments

Could be better:

- × Most expensive massage gun on this list

2. Ekrin BANTAM Massage Gun – Best Compact



[CHECK THE LATEST PRICE](#)

If you're looking for a compact **muscle massage gun for runners** that will fit in your hand nicely, this is it! Our runner-up, the Erkin BANTAM, is not only excellent in terms of performance, but its size is also definitely impressive.

Material: Premium soft-touch material
Power Source: Battery powered
Battery Capacity (working time on 1 charge): 5 hours
Item Weight: 1.1 lbs.
Size: 8.5 x 8.07 x 2.99 inches
Speed of Rotation: 3200 rpm
Noise Level: 50–58 dB
Product Benefits/ Use For: Runners

Items Included: Device, charger, 4 attachments, travel case
Special Features: Quiet Glide Noise Reduction Technology

Knots, stiffness, pain... This little massage gun tackles all of this in the blink of an eye! You would never think it would pack so much power when you feel how light it is and when you see how tiny it is.

It comes with 4 attachments, and it has several speed settings, from 2000 to 3200 RPM. You can choose between a deep tissue massage or a more delicate treatment. If you're using a massage gun for the first time, you may want to set the speed lower until you get used to the feeling.

I found that using this for only half a minute was enough to wake my muscles up and increase the blood flow. I saw the manufacturer make this claim, but I honestly doubted that it could be done. Fortunately, I was wrong, and you don't need to sit there forever until you feel any kind of anything from the massage gun.

The BANTAM is small and very travel-friendly. The case it comes with is TSA approved for carry-on airline travel, so you can take it anywhere you go. And I mean, literally anywhere — to the gym, to a friend's house or to a different continent.

No matter the speed you set it to, you'll notice how powerful its vibrations are, which is good and bad. On the positive side, the massage it delivers is super effective, and it really makes a difference if you're dealing with any type of soreness. The negative part is that you'll feel the vibrations in your arm, not just in the spot you're massaging. But it's a slight inconvenience that I'm more than happy to overlook.

Average Score: 4.8

Power: 4.8

Battery Life: 5

Ergonomics: 5

Speed Options: 5

Durability: 4.7

Noise Level: 5

Price/Quality: 4.9

Positives:

- ✓ Super compact
- ✓ TSA approved case for airline travel
- ✓ Ergonomic design allows you to reach 90% of your body

Could be better:

- × Vibrations are very powerful and you can feel them in your hand

3. [TOLOCO Massage Gun](#) – Budget Pick



[CHECK THE LATEST PRICE](#)

Do you see the ten attachments this comes with? Wow! Our budget pick is loaded with attachments and speed settings. For such an affordable price, you get a lot more than you would expect.

Material: Silicone
Power Source: Battery powered
Battery Capacity (working time on 1 charge): 6 hours
Item Weight: 1.8 lbs.
Size: 9.8 x 3.9 x 7.8 inches
Speed of Rotation: 3200 rpm

Noise Level: 40-50 dB

Product Benefits/ Use For: Runners

Items Included: Device, 10 attachments, charging cable (charging head not included), instructions, suitcase

Special Features: Automatically switches off after 10 minutes of use to protect the battery life

The penetration force of this massage gun is 12 mm and the speed of rotation is up to 3200 RPM, so you can be sure you'll get a good massage out of it. Those knots don't stand a chance against it!

Its battery life is another impressive feature — it lasts up to six hours on a single charge! And while we're on the topic of charging, the massage gun comes with a handy USB cable for easy charging wherever you are. The charging head is not included, though, so keep that in mind.

On to my favorite thing about it — the whopping ten attachments! There's nothing this massage gun doesn't have. It comes with classic attachments like the round and flat head, the bulge head, and the thumb head. But it also comes with a shovel head, a Y head, a convex head, and several more. No matter what your preferences are, there's no way you won't find an attachment that suits you.

If you use it directly over bones, though, you'll notice it bounces off a bit. Nothing extreme; it just doesn't perform as great as I would like it to in those places. Still, you can't beat that price and everything you get for it.

Average Score: 4.8

Power: 4.6

Battery Life: 5

Ergonomics: 4.7

Speed Options: 5

Durability: 4.8

Noise Level: 4.9

Price/Quality: 5

Positives:

- ✓ Most affordable massager on this list
- ✓ Seven speed settings
- ✓ Ten different attachments
- ✓ Quiet
- ✓ Easy to clean

Could be better:

- ✗ Comes with only a USB cable, the charging head is not included
- ✗ Bounces off when used over bones

4. [Ekirin B37 Massage Gun](#)



[CHECK THE LATEST PRICE](#)

Another amazing **leg massager for runners** from Ekirin! These guys really know their stuff when it comes to performance and build quality. And their widespread renown proves that.

Material: Acrylonitrile Butadiene Styrene
Power Source: Battery powered
Battery Capacity (working time on 1 charge): 8 hours
Item Weight: 2.2 lbs.
Size: 5.91 x 3.15 x 2.36 inches
Speed of Rotation: 3200 rpm
Noise Level: 48.8–60.9 dB

Product Benefits/ Use For: Runners
Items Included: Device, 4 attachments, travel case
Special Features: Quiet Glide Noise Reduction Technology

At first glance, it doesn't seem to 'wow' as much as some of the other massage guns on the list, but the quality and precision this is made with... Astounding!

The first thing you'll notice about the B37 is how comfortably it sits in your hand and how well you can reach the vast majority of your body (up to 90%!). It is a bit on the heavier side, but you won't notice it that much unless you've been using it for a really long time.

Now, if you want to use it for a long time, it's not an issue. The battery will hold for eight whole hours on a single charge, which is far above average.

The QuietGlide Noise Reduction technology makes it very quiet. If you've tried a few massage guns, you know they can be really noisy. The problem with that is, you can't use them whenever and wherever you want. It's a good idea to use a massage gun before your workout, and if you want to work out at 5 AM, you need a super quiet massage gun, or you'll wake up the entire household. If that's the case, you'll be happy to know this one won't disturb anyone. The B37 is a winner for me!

Average Score: 4.7

Power: 4.7

Battery Life: 5

Ergonomics: 4.8

Speed Options: 46

Durability: 4.7

Noise Level: 5

Price/Quality: 4.6

Positives:

- ✓ Quiet
- ✓ 15° angled handle makes it comfortable to hold
- ✓ 8 hours of battery life

Could be better:

- × A bit heavy
- × The second most expensive massager on the list

5. [Bob and Brad Massage Gun](#)



[CHECK THE LATEST PRICE](#)

Bob and Brad have more than five million followers and 430 million views. I guess they would be considered almost celebrity physical therapists. I really think they deserve their views and followers because of how they are using their knowledge and expertise to create an amazing massage gun. But is this one it? Is this massage gun worthy of their reputation?

Material: Plastic

Power Source: Battery powered

Item Weight: 1.5 lbs.

Size: 6.8 x 2.4 x 5.1 inches

Speed of Rotation: 3200 rpm

Noise Level: Less than 60 dB

Product Benefits/ Use For: Runners

Items Included: Device, 5 attachments, case

Special Features: Shuts down automatically after 10 minutes

Bob and Brad have 50 years of combined experience treating patients, which shows. They seem to know exactly what people want, which is why they made a light, portable, small massage gun that digs in like crazy and the massage it delivers is exceptional.

This little powerhouse comes with five different attachments and is very quiet. You would think such a powerful motor would make a lot of noise, but this one stays silent.

As powerful as it is, the motor seems like it would be happier in a larger massager. Don't get me wrong, I love how small this massage gun is, but the whole thing vibrates when you use it, not just its head (which is what I prefer).

Nevertheless, this massage gun is powerful, effective, and light — and that's all I really care about.

Average Score: 4.7

Power: 4.6

Battery Life: 4.5

Ergonomics: 4.8

Speed Options: 4.5

Durability: 4.8

Noise Level: 4.9

Price/Quality: 4.7

Positives:

- ✓ Made by physical therapists
- ✓ Strong motor and effective massage
- ✓ Stable during use

Could be better:

- × Does not come with a charger
- × The whole gun vibrates while in use

6. [Opove M3 Pro Massage Gun](#)



[CHECK THE LATEST PRICE](#)

This massage gun is something you may have heard of already (or even used) because it's extremely popular, and you can see why. It delivers almost a professional massage at a great price.

Material: Acrylonitrile Butadiene Styrene

Power Source: Battery powered

Battery Capacity (working time on 1 charge): 4–8 hours

Item Weight: 2.4 lbs

Size: 9.88 x 6.92 x 2.8 inches

Speed of Rotation: 2500 rpm
Noise Level: < 55 dB
Product Benefits/ Use For: Runners
Items Included: Device, 6 attachments, case
Special Features: Hidden vents for heat dissipation

You know how sometimes when you're using a massage gun, you feel that mechanical smell when it gets warm? This is exactly why the Opove massage gun is so sought after — it doesn't do any of that. It doesn't get hot, and it has no smell. They've taken customer feedback into consideration and added vents so the heat could dissipate easily, and you also won't feel any smell coming from it.

The 2500 RPM is not the highest on the market (or even on this list), but this massage gun takes its job seriously. A super high RPM is not ideal if you're not used to massage guns, and it can make your skin and tissue very sensitive. This one has a lower amount of RPM, but the massage it delivers is very comfortable and very effective.

I will say, the design seems to be okay, but the M3 Pro feels a tiny bit bulky in the hand. It seems to be the weight distribution combined with its size that's causing it. But it does not affect its performance at all.

Average Score: 4.6

Power: 4.5

Battery Life: 4.6

Ergonomics: 4.4

Speed Options: 4.4

Durability: 4.9

Noise Level: 4.7

Price/Quality: 4.6

Positives:

- ✓ Vents for heat dissipation
- ✓ Almost professional results
- ✓ Great for beginners

Could be better:

- × Feels a little bulky

7. [Dacorm Massage Gun](#)



[CHECK THE LATEST PRICE](#)

When I first saw this percussion massage gun, I thought it would be very expensive because it looks high-tech and comes with a bunch of attachments. But, no, this is very reasonably priced, and the value for the price is unbeatable.

Material: Silicone

Power Source: Battery powered

Battery Capacity (working time on 1 charge): 15 hours

Item Weight: 2.1 lbs.

Size: 9.65 x 2.76 x 7.28 inches
Speed of Rotation: 3200 rpm
Noise Level: Less than 40 dB
Product Benefits/ Use For: Runners
Items Included: Device, charging cable, 12 attachments, carrying bag
Special Features: AI intelligent chip for quick response processing

You'll get up to 15 hours worth of massages with only one charge! This is astounding, I don't know of any other massage gun that has such longevity. I'm usually happy if I get at least five hours of use before I need to charge the massage gun again.

There are also seven speed levels and 12 attachments included. This means it's going to be great if you're not used to massage guns, because you can really pick and choose and see what works best for you.

After 10 minutes of use, it shuts down automatically to protect the battery life, but you can just turn it back on if you still feel like you have some knots or soreness to take care of.

The amplitude depth is 14 mm, so if you want a deep massage, it's possible, but you'll need to press a bit harder. This massage gun seems a teensy bit weaker than some of the others on our list, so you'll most likely have to apply more pressure and use it for a tad longer than you would some others. But I still highly recommend it and think it's exquisite!

Average Score: 4.3

Power: 4.3

Battery Life: 5

Ergonomics: 4.2

Speed Options: 4.6

Durability: 4.3

Noise Level: 4.5

Price/Quality: 4.1

Positives:

- ✓ The 2nd most affordable massager on this list
- ✓ Battery lasts 15 hours on 1 charge
- ✓ Many speed levels and attachments
- ✓ 14 mm amplitude depth

Could be better:

- × Feels weaker compared to other massage guns

Is a Massage Gun Good for Runners: 5 Benefits

If you ask me — everyone can benefit from a [massage gun for runners' knees](#), whether you have a desk job and sit a lot, you're an elderly person with chronic muscle pains, or if you work out... Everyone. That, of course, includes runners.

If you're a runner, you're very familiar (probably more than you want to be!) with the tightness and soreness that comes from workouts. Massage guns can be a great help with that. Not only can you use them after your workout, but if you use them before, they can prevent some of the pain from setting in altogether.

1. Pain Relief

As great as running is, it puts quite a bit of stress on your joints and muscles. [Massage guns can release tension, relax your muscles](#) and take care of any knots.

2. Better Flexibility

If you use your massage gun on a somewhat regular basis, your muscles will become more flexible. If you're a runner, this is great because [flexibility increases your range of motion](#).

3. Preventing Injuries

When your muscles get tight and sore, they can't function normally, which can lead to [injuries](#) and [muscle imbalances](#). A massage gun keeps your muscles in check and can prevent sprains, strains, and injuries.

4. Better Performance

Massage guns can increase muscle activation and help your muscles wake up. If you use them [before and after your workout](#), they can greatly improve your performance.

5. Saves Time

Unlike your traditional massage or even a foam roller, a massage gun is time-efficient and gives targeted relief. This is awesome if your schedule is busy and you don't have time for regular massages.

If you've ever done research on massage guns before, you probably noticed that there are a few types. Some cost more, some are more powerful, and some are not as popular as others. There's actually a good reason for that — all of them are meant to do something else. While they're all massagers and they're great for pain relief, it's good to decide what kind of issues you're dealing with and then choose a massage gun based on that.

1. Percussive

These are runners' favorites. They pulse to deliver rapid and repetitive strokes to your muscles. You'll usually see ones with a lot of different speed settings and attachments. They're ideal for releasing tension, helping with soreness, and improving circulation.

2. Vibration

As the name would suggest — these vibrate at a high frequency. They're great for stimulating blood flow, but they really shine at relaxing your muscles and increasing flexibility.

3. Deep Tissue

These are made to get into deeper levels of your muscle tissue. They're usually a lot more powerful than other types of massage guns and are ideal for chronic tightness and those annoying knots.

4. Ball Massage Guns

These have a spherical attachment, and they're meant to mimic the massage you would get from a professional massage therapist. They're good for smaller muscle groups because their pressure is more precise.



Well... Truth be told, I would tell you to just go ahead and read my reviews, he-he. But hey, you just might want to look for a massage gun yourself. And you aren't sure where or how to choose the right one out of dozens out there on the market.

If you're looking to go this route and see for yourself what exactly it is that you should be looking for, that's fine, too. Here's what you should consider when looking for a great massage gun that will fit your needs.

1. What Do You Need?

The first and foremost — what do you want to use a massage gun for? Do you have some specific muscle groups that need the help of a massage gun? Are you dealing with chronic pains, or are there knots you want to get rid of? Whatever the issue, identifying it is where you need to start.

2. Power and Speed

You want a massage gun that has several speed settings and a powerful motor. If you're not used to massage guns, something too strong can do more harm than good.

3. Attachments

Look for something with a few attachments (at least 3). Different body parts and muscle groups need different attachments.

4. Battery Life

You don't want something that's going to die in an hour. Get a massage gun that can last for at least 4 hours on one charge.

5. Portability

Something else you don't want — a bulky mess you can't take anywhere with you. A light, small massage gun is what it's all about.

6. Noise Level

Some massage guns are crazy noisy. If you live alone, that might not be such a big deal, but if you don't, get something quiet.

A massage gun is here to help your muscles and make your life easier. The main thing that you want is to feel good, and you also want some positive results from it.

It's normal to make mistakes when you get your hands on your very first massage gun — but I'm here to help with that. I have a super simple list of tips that will help you get the most out of your new device without hurting yourself along the way.

1. Slow Start

If it's the first time you're using a massage gun, then there's no way your muscles are used to it. You need to start at a slower speed and with less pressure to allow yourself to adapt. Two to three sessions a day, with each lasting for 5–10 minutes, is a great way to start.

2. Correct Focus

Massage guns are supposed to target specific muscle groups, and that's how you want to use them. Move them slowly over your muscles and go even slower over sore spots and tight muscles.

3. No Bones and Joints

Your bones and joints don't like massage guns, so avoid going over them. Massage guns are only for soft tissue and muscles.

4. Modifications for injuries

If you're injured, you'll need to adjust your technique accordingly. It's best to talk to your doctor and see what they advise as far as using a massage gun goes.

5. Drink Water

Drink plenty of it before and after using a massage gun. Water will flush out toxins and help your muscles recover faster.

How to Use a Massage Gun on the Achilles Tendon?

To use your massage gun on the Achilles Tendon, start slow and move the gun along the length of the tendon. You can apply gentle pressure but avoid going over the tendon itself.

Should I Use a Massage Gun Before a Marathon?

You can use a massage gun before a marathon, and it can help you loosen those tight muscles and improve circulation — which can be super helpful because [marathons really take a toll on your body](#). But don't go crazy and overdo it.

Massage gun after massage gun and we've gone over everything. Everything there is to go over when it comes to massage guns. The [Theragun](#) is my absolute favorite and a winner in the category of the [best massage guns for runners](#) in 2023.

You should now have a pretty good idea on [how to use a massage gun for runners](#), and you should also have enough information to know which one is best for you.

What are your thoughts? Do you use a running massager? What results do you see from it? From your point of view, [are massage guns good for runners](#)? Do you have an alternative to massage guns to recommend?

I'm here waiting to listen to anything you have to say — your **thoughts, comments, and experiences**. **Share** them with the crowd!

Massager out!