

G5™ GBM™

Professional Portable Massage Machine



Professionals engaged in all aspects of medical massage therapy are more mobile than ever. Whether they're moving from treatment room to treatment room, clinic to clinic or city to city, those "on-the-go" must consistently provide the highest level of care.

Meeting the professional's need for power and mobility led us to incorporate the powerful massage action of our stand-mounted **G5™** Massage Machines into a small, compact, hand-held unit – a massager small enough on the outside to fit in a gym bag but big enough on the inside to consistently deliver a powerful, deep-penetrating massage action.

Introducing the **G5™ GBM™** Professional Portable Massage Machine. Weighing just 3lbs. 10oz., the 10-inch long **G5™ GBM™** is packed with power and massage action that closely replicates our largest units.

To consistently deliver G5™ Brand performance, durability and reliability, the G5™ GBM™ is fully equipped with...

- ✦ Our most powerful handheld massager for powerful penetration of muscles and tissues.
- ✦ Variable speed, solid-state digital controls, providing a speed range of 15 to 55 cycles per second.
- ✦ A high-torque, 1/40 horsepower motor that maintains pre-set speed regardless of applied load. This powerful motor runs cooler, with digital controls requiring less amp draw and increasing motor life.
- ✦ A gradual RAMP start and stop to increase the equipment lifespan by avoiding sudden jerking actions.
- ✦ An adjustable control knob that locks in place, to prevent loss of CPS speed during therapy sessions.
- ✦ A power indicator lamp shows when the unit is plugged in and ready to use.
- ✦ A sealed-head assembly, with a universal G5™ applicator connection, to accept all of our design-patented G5™ applicators. G5™ Applicators No. 216, 223, 227, 229, and 230 accompany each **G5™ GBM™** Massager.
- ✦ A high-impact housing, to withstand the rigors of travel and a mobile practice.
- ✦ A multiple-grip housing, for convenient one or two hand operation.



G5™ Applicators Included with G5™ GBM™

Applicator No. 216

Four-ball firm rubber. Works for deep massage of major, large muscle groups, such as quadriceps, thighs, back, shoulders and buttocks.



Applicator No. 223

Two-ball firm rubber. Provides deep massage to large muscle groups where heavy pressure is needed. It concentrates pressure along specific locations, such as the lower back areas.



Applicator No. 230

Curved, flexible sponge rubber. The most versatile and widely used. It is designed for use on the neck, legs, arms, back and buttocks. Includes a washable, re-usable plastic cover.



Applicator No. 229

Large firm rubber. Ideal for a soothing, relaxing massage, and to increase blood circulation at skin-surface levels.



Applicator No. 227

This pointed or "trigger point" applicator serves as "The Trainer's Thumb" in goading techniques. By placing the rounded tip at pain or trigger points, the pressure-vibration combination can reduce pain and tension at the "point" and surrounding areas.



NOTE: Our applicator slide chart illustrates the recommended usage speed and body placement for each applicator.

Indications and Contra-indications

Indications:

There are many indications for the adjunctive use of Massage and Percussion Machines, but their use should be prescribed by a qualified practitioner. Indications include:

1. Relief of muscle pains and spasms in muscle contusions, sprains and strains.
2. To provide passive exercise to paralyzed muscles.
3. To aid in mobilizing edema fluid in swollen extremities.
4. To aid in prevention of muscle fatigue and stiffness in heavily-exercised muscles.
5. To aid in breaking down adhesions between superficial and deep tissues, as in scars.
6. To loosen bronchial secretions during postural drainage procedures.
7. To aid in maintaining joint mobility and reduction of periscapular adhesions and joint edema.
8. To aid in reducing trigger points.
9. To aid in maintaining muscle tone and circulation in hemiplegics.
10. To temporarily reduce the appearance of cellulite.

Contra-indications:

Normal precautions should be observed in the use of our massage and percussion machines, because of their deep penetration. Excessive pressure and prolonged application should be avoided.

Massage machines should be used with special care near sensitive areas such as the head, the cervicals, and internal organs. Areas near the eyes should be avoided. Contra-indications include:

1. Over acute inflammation.
2. Over hemorrhaging areas.
3. Over skin lesions.
4. Over malignant lesions.
5. Thrombophlebitis and lymphangitis.
6. Over lung abscesses, pulmonary tuberculosis, pneumothorax, lung tumors, or disease of the chest wall during postural drainage procedures.
7. Varicose veins.
8. Vibration Intolerants. Massage and Percussion machines should not be used on patients who cannot tolerate vibration.