

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

› [TheraGun](#) /

› [TheraGun Mini Plus Massage Gun by Therabody - Portable Massage Enhanced with Heat - Instruction Manual](#)

TheraGun Mini Plus

TheraGun Mini Plus Massage Gun by Therabody - Instruction Manual

INTRODUCTION

The TheraGun Mini Plus is a portable massage gun by Therabody, designed to provide targeted deep tissue percussive massage enhanced with heat. This device is engineered for quick relief of soreness, loosening stiff muscles, and optimizing recovery, making it an essential tool for on-the-go muscle care. It combines percussive massage with heat therapy for benefits up to 3 times faster than percussive massage alone.

SAFETY INFORMATION

Important: May cause burns if used incorrectly. Avoid use on broken skin or areas with inflammation. Not suitable for use during pregnancy or postpartum period without medical advice. Keep away from water. Do not use while charging. Always unplug from power source when not in use. Do not use for more than 15 minutes at a time to avoid overheating. Always follow the instructions provided with the device.

WHAT'S INCLUDED

- Theragun Mini Plus device
- Heated Percussive Plus attachment
- USB-C charging cable
- Travel pouch



Image: The TheraGun Mini Plus package contents, showing the device, heated percussive attachment, USB-C charging cable, and a travel pouch.

SETUP

- Charging:** Before first use, fully charge your TheraGun Mini Plus using the provided USB-C charging cable. The device offers up to 3 hours of battery life depending on usage.
- Attaching Heads:** To attach or remove the Heated Percussive Plus attachment, align it with the device's head and push firmly until it clicks into place. To remove, pull firmly.

OPERATING INSTRUCTIONS

- Power On/Off:** Press and hold the power button located on the device to turn it on or off.
- Adjusting Massage Speed:** Once powered on, press the power button repeatedly to cycle through the 3 available massage speeds.
- Activating Heat Therapy:** With the Heated Percussive Plus attachment installed and the device powered on, double-tap the power button to activate heat therapy. The indicator light will change to red. Press the power button again to cycle through 3 heat levels: 113°F (45°C), 122°F (50°C), and 131°F (55°C).
- Travel Lock:** The device features a travel lock to prevent accidental power-on during transport. Refer to the user manual for specific instructions on activating and deactivating the travel lock.

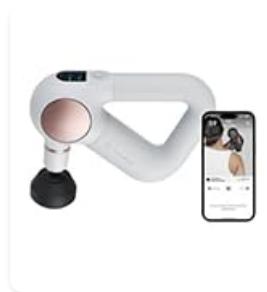


Image: The control panel of the TheraGun Mini Plus, illustrating the power button, massage speed indicators, and three science-backed temperature options for heat therapy.

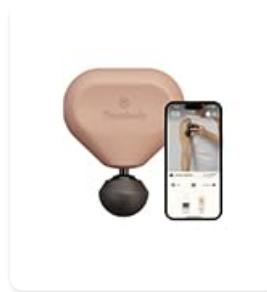


Image: A man demonstrating the easy-to-hold ergonomic design of the TheraGun Mini Plus, using it comfortably on his bicep.

ATTACHMENTS

The TheraGun Mini Plus is compatible with all TheraGun Plus attachments (sold separately), allowing for a wider range of therapies beyond the included Heated Percussive Plus attachment.

- Cold Plus:** For reducing inflammation.
- Vibration Plus:** For treating sore, sensitive areas.
- Thumb or Micro-Point Plus:** For precise, targeted relief.



Image: A woman using the TheraGun Mini Plus, with an inset showing optional attachments like Cold Plus, Vibration Plus, and Thumb or Micro-Point Plus for customized recovery.

Stay game-ready like Josh Allen in less than 10 minutes

Josh uses the Theragun Mini Plus with quick 15-second bursts on his shoulders, glutes and lower back to stay loose and ready to perform every time he steps back on the field. With heated percussive massage that speeds up recovery, you can feel results faster and keep your body primed — so you're always ready to get back in the game, no matter your sport.



Image: A visual guide to compatible interchangeable Plus attachments, including Cold Plus, Dampener Plus, Thumb Plus, Wedge Plus, Vibration Plus, Standard Ball Plus, and Micro-point Plus.

SMART APP CONTROL & PERSONALIZED RECOVERY

The TheraGun Mini Plus is Bluetooth-enabled, allowing seamless integration with the Therabody app. This app provides access to a library of guided routines and personalized recovery recommendations based on your goals and activity data.

- **Guided Routines:** Access programs for sciatica pain relief, back massage, tech neck, and more.
- **Personalized Plans:** Use Coach by Therabody for AI-driven recovery plans.
- **Wearable Connectivity:** Connect with Garmin Watch, Apple Watch, Strava, or Google Fit for real-time updates to your Coach plan.



Our only travel-sized heated massage gun

Theragun Mini Plus is our only portable, heat-enhanced massage gun built for life on the go. Whether you're traveling, hiking, or recovering on the sidelines, its compact design delivers powerful relief anywhere with science-backed temperatures that stay hotter than the leading competitor² for consistent recovery wherever life takes you.

Image: The Therabody Coach app displayed on a smartphone, illustrating intelligent recovery plans, alongside a man

using the TheraGun Mini Plus. Scan the QR code to download the app for iOS or Android: [Download on the App Store](#)

MAINTENANCE

To ensure the longevity and optimal performance of your TheraGun Mini Plus, follow these maintenance guidelines:

- **Cleaning:** Wipe the device and attachments with a damp cloth after each use. Do not use harsh chemicals or abrasive cleaners.
- **Storage:** Store the device in its travel pouch in a cool, dry place away from direct sunlight.
- **Battery Care:** Avoid fully depleting the battery regularly. Charge the device when the battery indicator is low.

TROUBLESHOOTING

If you encounter any issues with your TheraGun Mini Plus, try the following steps:

- **Device Not Turning On:** Ensure the device is fully charged. Check if the travel lock is activated.
- **No Heat from Attachment:** Verify that the Heated Percussive Plus attachment is securely attached and that heat therapy is activated by double-tapping the power button.
- **Reduced Performance:** Ensure the device is fully charged. Clean any debris from the attachment and device head.

SPECIFICATIONS

Product Dimensions	4.49 x 5.51 x 1.89 inches
Weight	2.6 Pounds
Battery Life	Up to 3 hours (varies by attachment and usage)
Power Source	Battery Powered (USB-C charging)
Heat Levels	3 (113°F, 122°F, 131°F)
Massage Speeds	3
Material	Polycarbonate
Model Number	B0FKCSFVLQ

Coach

Intelligent recovery designed to help you perform better

- Coach gives you free AI-driven, personalized recovery plans based on your fitness goals, activity data and the latest scientific research.
- Connect your wearables like Garmin Watch, Apple Watch, Strava or Google Fit to get real-time updates to your Coach plan.
- Coach guides you through the right routines, showing you exactly which areas to treat and which settings or attachments to use - without any guesswork.

Only in the Therabody App

Scan the QR code to download the app for iOS or Android

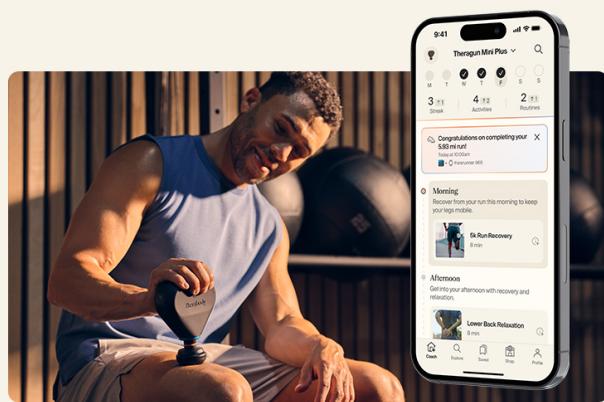


Image: A graphic detailing the product specifications of the TheraGun Mini Plus, including dimensions, weight, and battery life.

WARRANTY & SUPPORT

The TheraGun Mini Plus is an FDA-registered medical device and is backed by science. For warranty information and customer support, please refer to the official Therabody website or contact their customer service directly. Protection plans are also available for purchase.

OFFICIAL PRODUCT VIDEO

Your browser does not support the video tag.

Video: An official introduction to the TheraGun Mini Plus by Therabody, highlighting its key features and benefits.