

History

In 1959, Dr. Janet Travell, a pioneer in the treatment of myofascial pain, formulated and brought to Gebauer Company, a vapocoolant product specifically for use in trigger point therapy. In addition to being the author of more than 100 scientific articles and several defining books on the treatment of muscle pain, Dr. Travell was well known as the White House Physician to Presidents John F. Kennedy and Lyndon B. Johnson. In 2004, Gebauer's Spray and Stretch was introduced as a non-toxic and ozone friendly product to use specifically in conjunction with the spray and stretch technique.

"Spray and stretch is the single most effective non-invasive method to inactivate acute trigger points."

Simons DG, Travell JG, Simons LS. Travell & Simons' Myofascial Pain and Dysfunction: The Trigger Point Manual. 2d ed. Baltimore: Williams & Wilkins, 1999: 11-93

Gebauer's Spray and Stretch

Gebauer's Spray and Stretch is available in a 3.5 fl. oz. aerosol can.

- Instant topical anesthetic skin refrigerant
- Nonflammable and non-ozone depleting
- Indicated for treating myofascial pain, trigger points, restricted motion, muscle spasm and minor sports injuries



Fine Stream Aerosol Can
P/N 0386-0004-04

To learn more about Gebauer's Spray and Stretch and the spray and stretch technique visit:
www.SprayandStretch.com

Current professionals using Gebauer's Spray and Stretch

- Physical Therapists
- Osteopaths
- Medical Doctors
- Chiropractors
- Dentists
- Athletic Trainers
- Myofascial Trigger Point Therapists
- Massage Therapists



Gebauer Company

The Most Trusted Name In Skin Refrigerants For Over 100 years!®

www.gebauer.com
www.SprayandStretch.com

Products Made in the U.S.A.

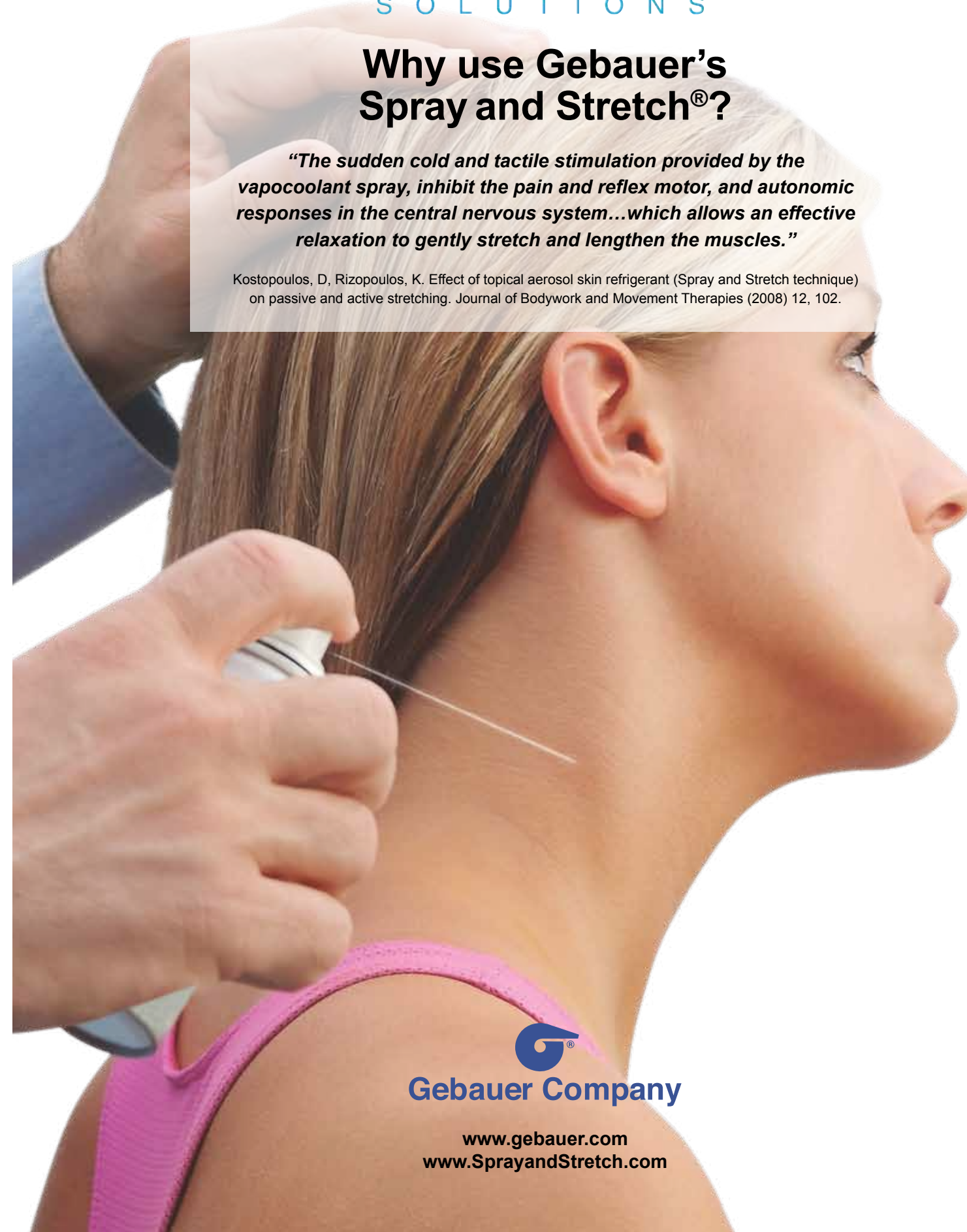
4444 East 153rd. Street • Cleveland, Ohio 44128
1-800-321-9348

Gebauer
Patient Comfort
SOLUTIONS™

Why use Gebauer's Spray and Stretch®?

"The sudden cold and tactile stimulation provided by the vapocoolant spray, inhibit the pain and reflex motor, and autonomic responses in the central nervous system...which allows an effective relaxation to gently stretch and lengthen the muscles."

Kostopoulos, D, Rizopoulos, K. Effect of topical aerosol skin refrigerant (Spray and Stretch technique) on passive and active stretching. Journal of Bodywork and Movement Therapies (2008) 12, 102.



Gebauer Company

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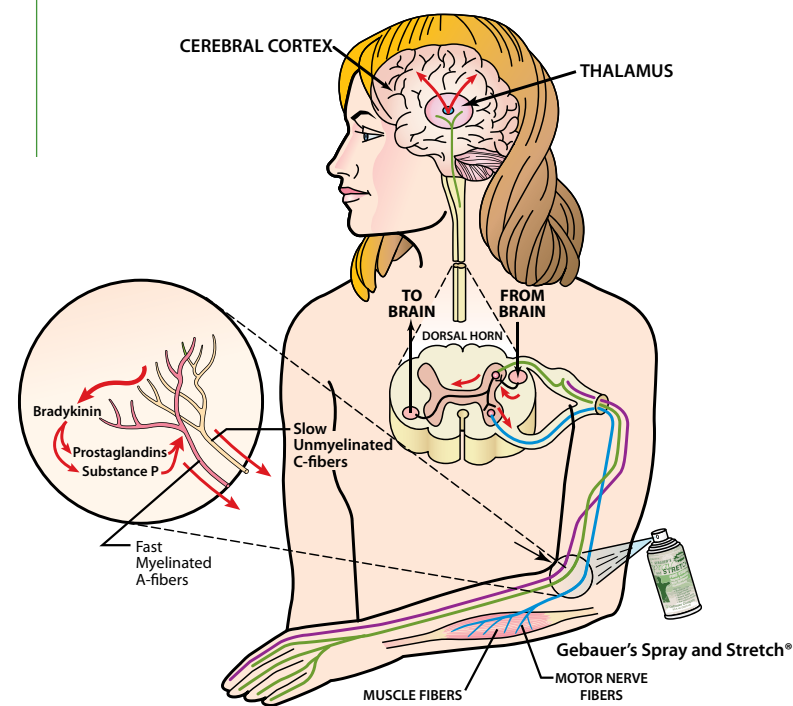
Why not.

- Gebauer's Spray and Stretch is a nonflammable and non-ozone depleting, instant topical anesthetic skin refrigerant.
- Effectively manages myofascial pain and trigger point release when used in conjunction with the spray & stretch technique.
- Portable and can be used in any treatment room and in facilities that restrict the use of flammable components.
- The fine stream spray is a practical means of covering many muscles in one region of the body allowing significant progress toward pain relief.
- Immediate onset allows clinicians to get faster results with less strain and damage to their hands during manipulation.
- Today, about 23 million people, roughly 10% of the US population, have one or more chronic disorders of the musculoskeletal system.



How does Gebauer's Spray and Stretch work?

Mechanism of Action: There are several theories that provide an explanation for the mechanism of action that makes vapocoolant sprays effective when used with the spray and stretch technique. Janet Travell and David Simons' theory surmises that the tactile stimulation produced by the changing gradient of the skin temperature transmits a continuing barrage of impulses to the spinal cord. This barrage of impulses from the afferent nerves of the skin blocks the trigger point impulse activity by "jamming the spinal switchboard" so that the muscle sensation becomes disconnected, permitting the muscle to temporarily relax. There are physiological principles that explain these effects including spinal inhibition, descending inhibition (Gate Control Theory) and trigger point inhibition.



"The sudden drop in skin temperature is thought to produce temporary anesthesia... decreasing the pain sensation allows the muscle to be passively stretched, which helps inactivate trigger points, relieve muscle spasm, and reduce referred pain."

Han SC, Harrison P. Myofascial pain syndrome and trigger-point management. *Regional Anesthesia and Pain Medicine* 1997; 22: 89-101.

Use Gebauer's Spray and Stretch to treat TMJ/TMD

TMJ (temporomandibular joint disorders) and TMD (temporomandibular disorders) can cause chronic degeneration of the joint, resulting in pain, tension or spasms of the head, neck and/or jaw muscles. Gebauer's Spray and Stretch fine stream spray has an instant cooling effect on the area, allowing the passive stretching of the muscles to increase range of motion. The relief of pain facilitates early mobilization and restoration of muscle function.

Gebauer's Spray and Stretch is the suggested application preference for:

- Trigger Point Therapy
- Myofascial Pain Syndromes
- Muscle spasms
- Restricted motion
- Minor sports injuries

Important Risk and Safety Information for Gebauer's Spray and Stretch

- Do not spray in eyes
- Overspraying may cause frostbite
- Freezing may alter skin pigmentation
- Do not use this product on persons with poor circulation or insensitive skin
- Do not use on open wounds or abraded skin
- If skin irritation develops, discontinue use
- Rx only

Please refer to the product insert for prescribing information.

"The goals of treatment are reduction of parafunction, restoration of normal muscle length and improvement of muscle strength and coordination... techniques include vapocoolant sprays followed by stretching of the involved muscle."

G Clark, D Seligman, W Solbert, and A Pullinger. Guidelines for the treatment of temporomandibular disorders. *Journal of Craniomandibular Disorders: Facial & Oral Pain*, Spring 1990; 4(2): 80-8



"The use of vapocoolants in therapeutic treatments helps to reduce pain and increase muscle flexion."

Kostopoulos, D, Rizopoulos, K. Effect of topical aerosol skin refrigerant (spray and stretch technique) on passive and active stretching. *Journal of Bodywork and Movement Therapies* (2008) 12, 102-103.



APTA endorsement applies solely to Gebauer's Spray and Stretch product and does not apply to the spray and stretch technique.

The spray and stretch technique is a learned modality. Learn to effectively manage your patients' pain.

Diagnostic Evaluation

Initial diagnosis of muscle tension and restricted motion caused by an active trigger point



Spray and Stretch

Direct the spray in parallel sweeps one inch apart toward the evaluated muscle group at the rate of approximately four inches per second



Passively stretch the muscle during spray application while gradually increasing the force applied with successive sweeps



Post Evaluation

Test the muscle for increased range of motion through stretching, re-warm the muscle after stretching and ask the patient about a reduction in pain



To learn more about the spray & stretch technique log onto www.SprayandStretch.com