

4444 East 153rd, Street  
Cleveland, Ohio 44128 • 216-581-3030  
1-800-321-9348

[www.SprayandStretch.com](http://www.SprayandStretch.com)

The Most Trusted Name in Skin Refrigerants For Over 100 years!

**Gebauer Company**



To learn more about the spray and stretch technique and treating Myofascial Pain due to Trigger Points, please visit [www.SprayandStretch.com](http://www.SprayandStretch.com)

**TRIGGER POINT AREA:** X X



**PAIN PATTERN:**

Pain pattern and trigger point guide

**GEBAUER'S  
Spray  
and  
STRETCH**



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See inside for a complete guide to anatomy.

**The Spray and Stretch Technique for Myofascial Pain and Trigger Point Release**

Use the diagrams on the poster as a reference for patient treatment using Gebauer's Spray and Stretch® topical anesthetic skin refrigerant in conjunction with the spray and stretch technique.

**Refer to product insert for full instructions on the use of Gebauer's Spray and Stretch**

1. Spray from trigger point through referred pain pattern
2. Use parallel sweeps in one direction
3. Stretch while you spray

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

- Do not spray in eyes
- Over spraying 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

*"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

*"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.



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The spray and stretch technique is a learned modality. To learn more about the spray and stretch technique log onto [www.SprayandStretch.com](http://www.SprayandStretch.com).

**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

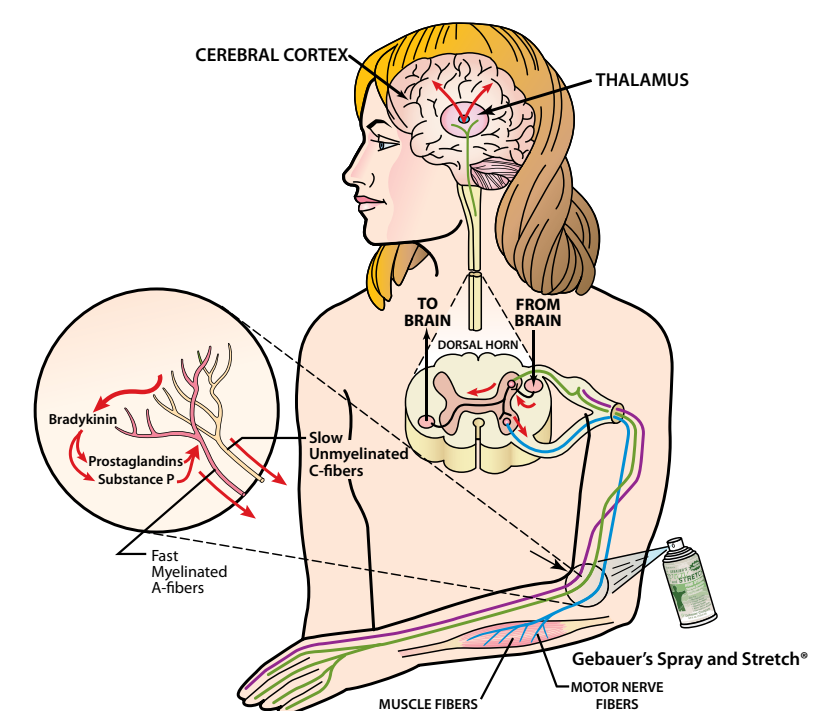
**Gebauer  
Patient Comfort  
SOLUTIONS™**



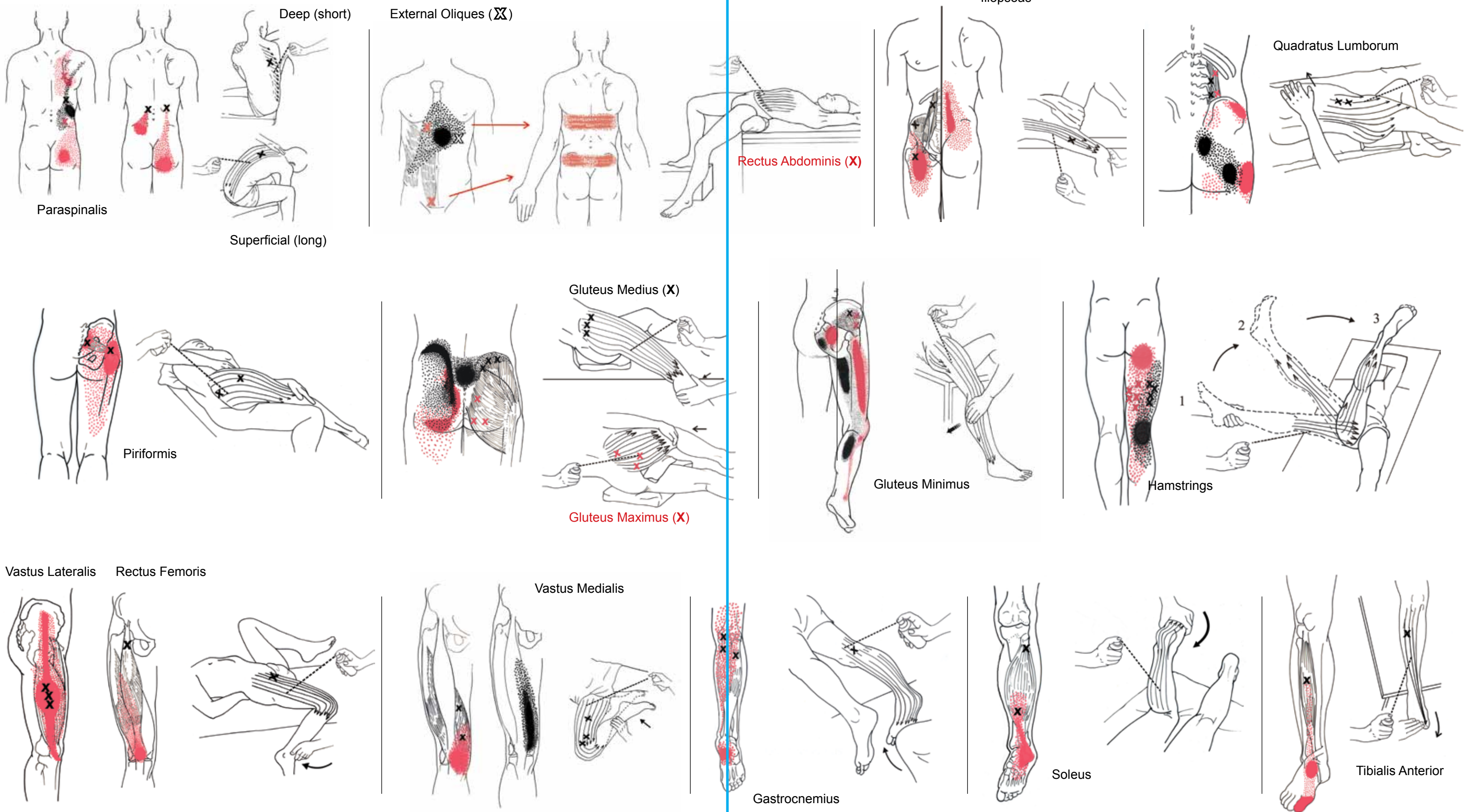
**How does Gebauer's Spray and Stretch work?**

**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. Trigger Point pioneers, 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.

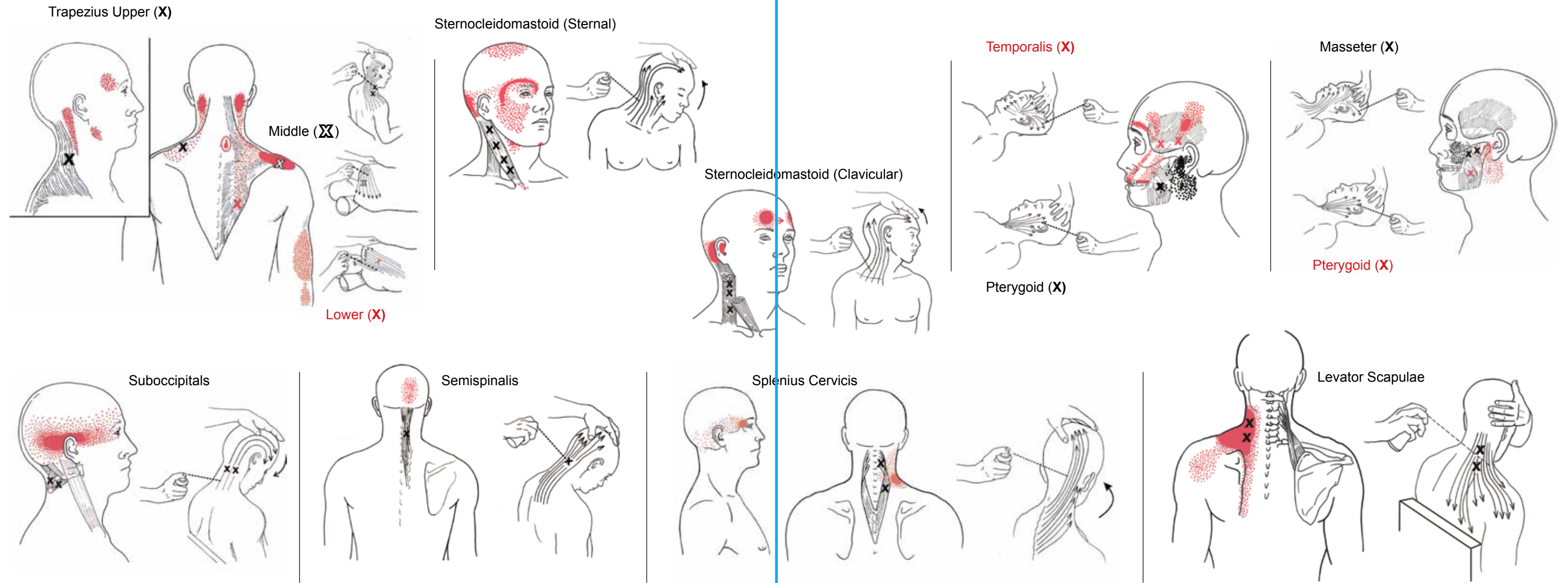
Lehman, J. & Delateur, B. Therapeutic Heat and Cold, 4th Edition; Baltimore, Williams and Wilkins; 1990.



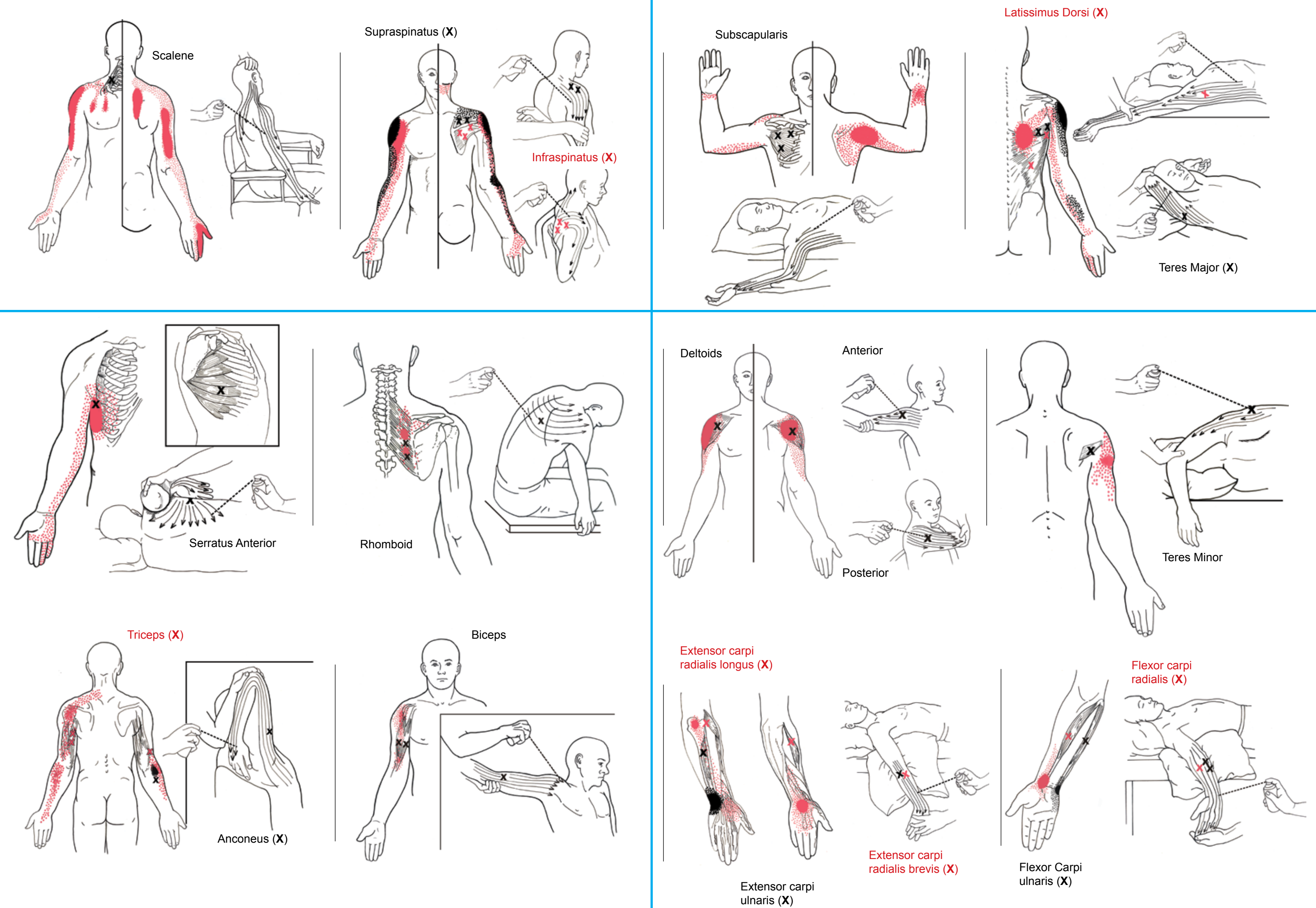
## Mid-Low Back & Lower Extremity



## Head & Neck



## Shoulder & Upper Extremity



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