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

To learn more about the spray and stretch technique and treating Myofascial Pain due to Trigger Points, please visit www.SprayandStretch.com.

The spray and stretch technique is a learned modality. To learn more about the spray and stretch technique log onto www.SprayandStretch.com.

Diagnostic Evaluation
- Initial diagnosis of muscle tension and evaluated muscle activity at initial trigger point
- Spray and Stretch

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
- 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

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

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 central nervous system, which when an effective threshold to pain stimulation is reached, inhibits the muscle sensation by temporarily blocking 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.

Spray and Stretch
- Passively stretch the muscle during spray application while gradually increasing the force applied with successive sweeps
- 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.


Initial diagnosis of muscle tension and evaluated muscle activity at initial trigger point

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