

Gebauer's Spray and Stretch® Product Information

Fine Stream Spray

0386-0004-04

CAUTION: Federal law restricts this device to sale by or on the order of a licensed healthcare practitioner.

Hold the can upright while spraying.

INDICATIONS FOR USE: Gebauer's Spray and Stretch is a vapocoolant (skin refrigerant) intended for topical application in the management of myofascial pain, restricted motion, muscle spasms and minor sports injuries. Spray and Stretch is also intended to control pain associated with injections.

PRECAUTIONS:

1. Do not spray near the face, on open wounds or abraded skin.
2. Do not use this product on persons with poor circulation or insensitive skin.
3. Over application of the product might cause frostbite and/or alter skin pigmentation.

ADVERSE REACTIONS: Freezing can occasionally alter skin pigmentation.

CONTRAINDICATIONS: Gebauer's Spray and Stretch is contraindicated in individuals with a history of hypersensitivity to 1,1,1,3,3-Pentafluoropropane and 1,1,1,2-Tetrafluoroethane. If skin irritation develops, discontinue use.

WARNINGS: For external use only. Contents under pressure.

KEEP OUT OF THE REACH OF CHILDREN

INSTRUCTIONS: Press the actuator button firmly, allowing Spray and Stretch to dispense from the can.

PRE-INJECTION TOPICAL ANESTHESIA: Have all necessary equipment ready and prepare the procedure site per facility's protocol. Hold the can upright, 3 to 7 inches (8 to 18 cm) from the procedure site, about a can's length away. Spray steadily 4 to 10 seconds or until the skin begins turning white, whichever comes first. Do not spray longer than 10 seconds. After spraying the site, immediately perform the procedure. The anesthetic effect of Spray and Stretch lasts about one minute. Reapply if necessary.

SPRAY AND STRETCH TECHNIQUE FOR MYOFASCIAL PAIN: Gebauer's Spray and Stretch may be used as a counterirritant in the management of myofascial pain, restricted motion and muscle tension. Clinical conditions that may respond to Gebauer's Spray and Stretch include low back pain (due to tight muscles), acute stiff neck, torticollis, acute bursitis of the shoulder, tight hamstrings, sprained ankle, tight masseter muscles, TMD (temporomandibular disorders), TMJ (temporomandibular joint disorders), and referred pains due to irritated trigger points. Relief of pain facilitates early mobilization and restoration of muscle function. The Spray and Stretch Technique is a system that involves three stages: Evaluation, Spraying and Stretching.

The therapeutic value of Spray and Stretch technique is most effective when the practitioner has mastered all of the stages and applies them in the proper sequence.

- a. Evaluation: If the patient has been evaluated to have muscle tension and restricted motion caused by an active, irritated trigger point then proceed to Step b.
- b. Spraying:
 - 1) Have the patient assume a comfortable position.
 - 2) Take precautions to cover the patient's eyes if spraying near the face.
 - 3) Hold the can upright. From a distance of 12 to 18 inches (30 to 46 cm), aim the stream so it meets the skin at an acute angle, lessening the shock of the impact.
 - 4) Direct the spray in parallel sweeps 0.5 to 1 inch (1.5 to 2 cm) apart at the rate of approximately 4 inches per second (10 cm per second). Continue until the entire muscle has been covered. The number of sweeps is determined by the size of the muscle. The spray should be applied from the muscle attachment over the trigger point, through and over the reference zone.
- c. Stretching: Passively stretch the muscle during spray application. Gradually increase the force with successive sweeps. As the muscle relaxes, smoothly take up the slack by establishing a new stretch length. It is necessary to reach the full normal length of the muscle to completely inactivate the trigger point and relieve the pain. Rewarm the muscle. If necessary, repeat the procedure. Apply moist heat for 10 to 15 minutes following treatment. For lasting benefit, eliminate any factors that perpetuate the trigger mechanism.

TEMPORARY RELIEF OF MINOR SPORTS INJURIES: The pain of bruises, contusions, swelling and minor sprains may be controlled with Spray and Stretch. The amount of cooling depends on the dosage. Dosage varies with duration of the application. The smallest dose needed to produce the desired effect should be used. The anesthetic effect of Spray and Stretch lasts about one minute. This time interval is usually sufficient to help reduce or relieve the initial trauma of the injury. Hold the can upright, 3 to 7 inches from the target area, about a can's length away. Spray steadily for 4 to 10 seconds or until the skin begins turning white, whichever comes first. Do not spray longer than 10 seconds. Reapply if necessary.

CONTENTS: 1,1,1,3,3-Pentafluoropropane and 1,1,1,2-Tetrafluoroethane

STORAGE: Store at room temperature. Do not puncture or incinerate container. Do not expose to heat or store at temperatures above 50°C (120°F).

DISPOSAL: Dispose of in accordance with local and national regulations.

HOW SUPPLIED: Aerosol Can

Gebauer's Spray & Stretch

3.9 fl. oz. (116ml) – P/N – 0386-0004-04

For more information about this product contact Gebauer Company. Products Made in the U.S.A.

Manufactured by:

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www.Gebauer.com

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