

**Gebauer's Spray and Stretch®**  
**FINE STREAM SPRAY**  
**P/N 0386-0004-04**

Gebauer's Spray and Stretch is a vapocoolant (skin refrigerant) intended for topical application in the management of myofascial pain, restricted motion and muscle spasm and minor sports injuries.

**PRECAUTIONS:**

1. Do not spray in the eyes.
2. Do not use this product on diabetics or persons with poor circulation or insensitive skin.
3. Over application of the product might 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:**

To apply Gebauer's Spray and Stretch from the aerosol can, hold the can upright over the treatment area approximately 8 to 18 cm (3 to 7 inches) away from the application site. Press the actuator button firmly, allowing Gebauer's Spray and Stretch to spray from the can.

If the aerosol can quits spraying, turn the white actuator button approximately 1/2 turn, then point the nozzle at the treatment area and press the actuator button firmly. Hold the can upright while spraying.

1. **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 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 the 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:
    - i. Have the patient assume a comfortable position.
    - ii. Take precautions to cover the patient's eyes if spraying near the face.

- iii. Hold the can upright. From a distance of 30 to 46 cm (12 to 18 inches), aim the stream so it meets the skin at an acute angle, lessening the shock of impact.
- iv. Direct the spray in parallel sweeps 1.5 to 2 cm (0.5 to 1 inch) apart at the rate of approximately 10 cm per second (4 inches 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 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.

2. **TEMPORARY RELIEF OF MINOR SPORTS INJURIES:** The pain of bruises, contusions, swelling, and minor sprains may be controlled with Gebauer's Spray and Stretch. The amount of cooling depends on the dosage. Dosage varies with duration of application. The smallest dose needed to produce the desired effect should be used. The anesthetic effect of Gebauer's Spray and Stretch rarely lasts more than a few seconds to a minute. This time interval is usually sufficient to help reduce or relieve the initial trauma of the injury. Spray Gebauer's Spray and Stretch on the target area continuously for 4 to 10 seconds from a distance of 8 to 18 cm (3 to 7 inches) until the skin just turns white. Do not frost the skin. Avoid spraying of skin beyond this state. Reapply as needed.

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

**STORAGE:** 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. For more information about this product contact Gebauer Company.