

PELTON SHEPHERD INDUSTRIES

CRYOSTIM PROBE™

Ice Massage is an effective, safe and inexpensive method to control several kinds of pain. It is used widely in sports medicine to relieve musculoskeletal aches and pains due to strain and tension. Massage of a bruised or painful part of the body with ice or snow is a common method of folk medicine that has been observed in diverse cultures. Reviews of the scientific literature (Mennell Melzack) all point to the remarkable effectiveness of ice massage for the control of several kinds of pain, ranging from low-back pain to toothaches.

The most common use of ice massage is to apply it directly to the painful area. The classic studies in this field used ice cubes which were moved in a circular motion over the painful area. Ice produces a local constriction of blood vessels and makes the area feel "numb", as well as decreasing swelling and local bleeding.

It has been discovered that many severe musculoskeletal pains are associated with localized spots, "trigger points", which are highly sensitive to the touch.* When pressure is applied to the spots, they evoke pain in a distinct area which surrounds the spot, or is adjacent to it, or may even be a considerable distance from it. Beneath the trigger point, palpation often reveals a band of muscle in spasm. It was found that by "dry needling" the spot or by applying cold therapy it is possible to relieve the pain of the trigger spot as well as the pain of the larger area of referred pain. Some of these pains can include, torticollis (stiff neck), shoulder-neck & shoulder-arm forms of tendinitis, knee pains, low back pain and "tennis elbow".

Stimulation of trigger points by a variety of inputs is capable of relieving pain. TENS is highly effective in some patients. It appears that stimulation of almost any kind at intense levels, including finger pressure applied to the spot, is capable of abolishing pain.

It may be necessary to tailor the massage to meet the particular needs of the patient. If pain occurs over a broad area, for example, the long shaft of the CryoStim Probe may be used for broader sweeping movements.

Other potential uses for ice massage are for relaxation and relief of itching. Vibration and/or rubbing of the affected area often relieves itching discomfort. Using the long shaft of the CryoStim Probe to massage the neck and shoulders can be relaxing and relieve tension.

Cautions

Since melting ice maintains a temperature of 0° C (32° F) at the skin, it is important to keep in mind that the gel in the CryoStim Probe may be colder than ice. It is therefore important to use the CryoStim conducting gel and to maintain continuous motion of the probe to prevent frostbite. If the freezer compartment is very cold (below 0° F) the probe should be allowed 5 minutes to warm up.

The therapeutic use of cold can produce dramatic relief of pain. The fact that it does relieve pain does not mean that the cause of the pain has been diagnosed or cured. If pain is abnormal or persistent discontinue use immediately and consult your physician. It is recommended to contact your physician before starting in home therapy.

Instructions

Place the CryoStim Probe in the freezer compartment of a refrigerator for at least 4 hours. Before massaging the painful area or trigger point, apply a small amount of the CryoStim conducting gel over the area. This prevents or at least minimizes irritation of the skin due to rubbing and ensures a continuous conductivity between the probe and the gel. Ice massage often produces a stinging or burning sensation, which precedes the numbing of the area. Massage the area with gentle, continuous, circling motion. Do not press the probe into the skin. Continue for 5 to 7 minutes, which is usually sufficient to numb the skin and to relieve the pain. Do not exceed ten minutes of massage at any given time. This is well below the duration necessary to produce frostbite.

No single site should be massaged for more than ten minutes. Massage may be repeated 4 or 5 times daily.

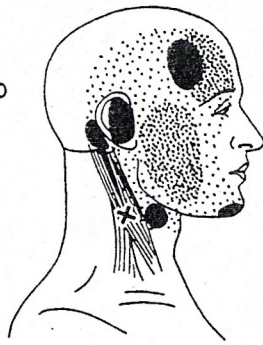
The CryoStim Probe tip is the same temperature as that of the freezer compartment, so it warms up gradually while it is being used. It is recommended to keep another probe in the freezer for the next application.

* More information available upon request

HEAD AND NECK

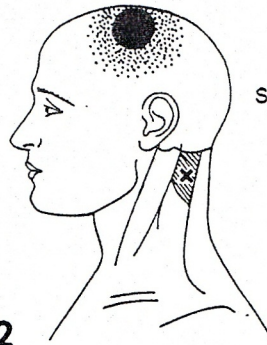
STERNOMASTOID

1



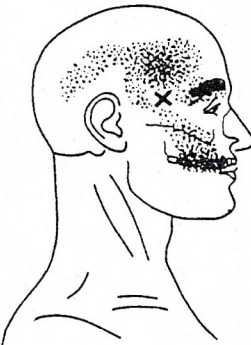
SPLENIUS CAPITIS

2



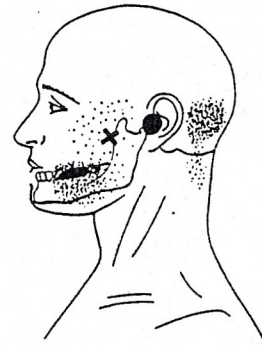
TEMPORALIS

3



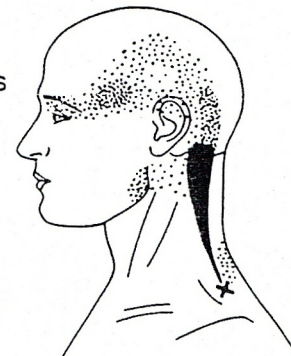
MASSETER

4



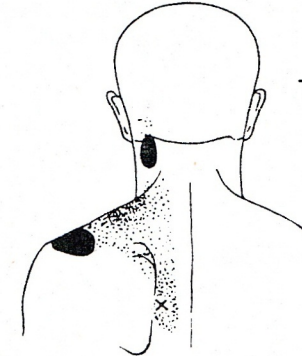
TRAPEZIUS

5



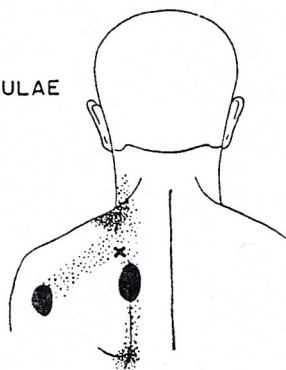
TRAPEZIUS

6



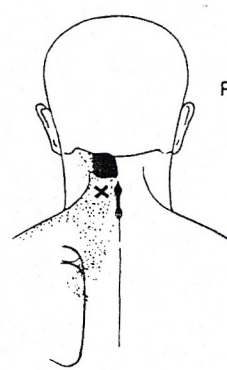
LEVATOR SCAPULAE

7



POSTERIOR CERVICAL

8



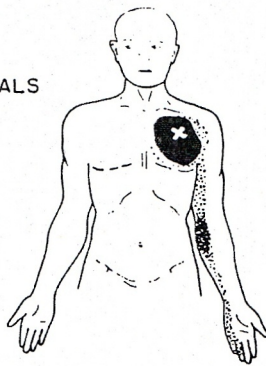
PAIN PATTERN



TRIGGER AREA X

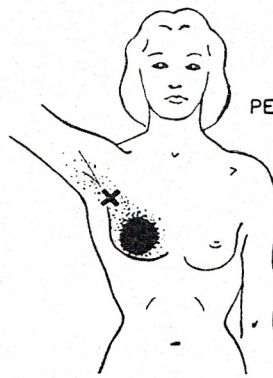
CHEST AND BACK

PECTORALS



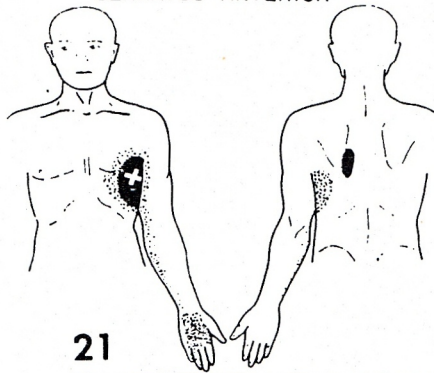
19

PECTORALIS MAJOR



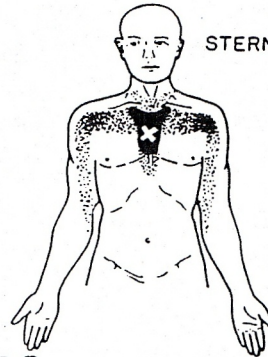
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SERRATUS ANTERIOR



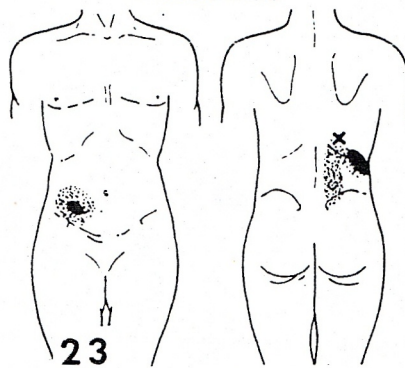
21

STERNALIS



22

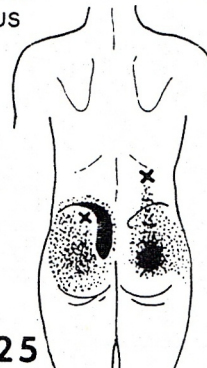
ILIOCOSTALIS



23

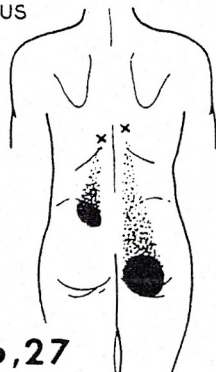
GLUTEUS MEDIUS

ILIOCOSTALIS



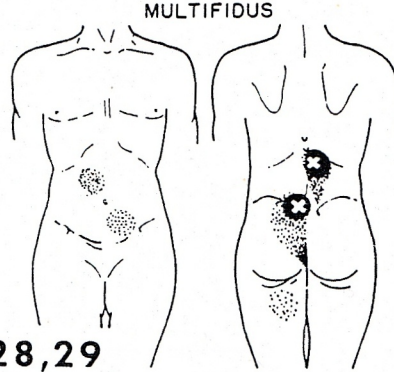
24,25

LONGISSIMUS



26,27

MULTIFIDUS



28,29

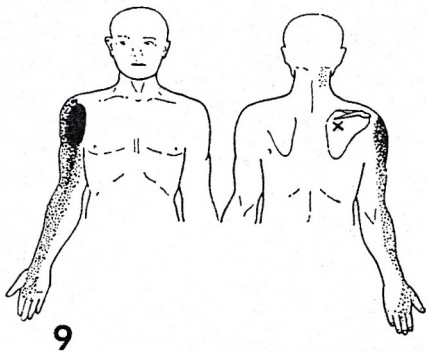
PAIN PATTERN



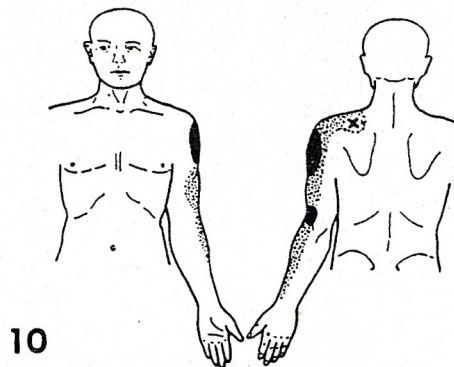
TRIGGER AREA X

SHOULDER AND ARM

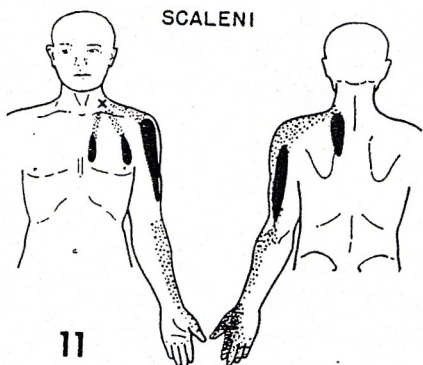
INFRASPINATUS



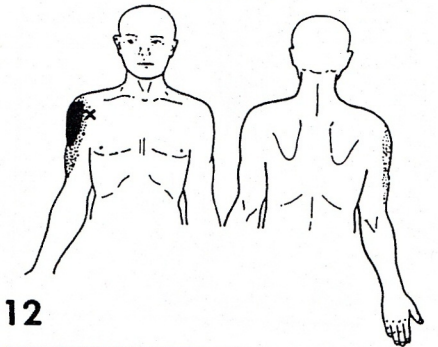
SUPRASPINATUS



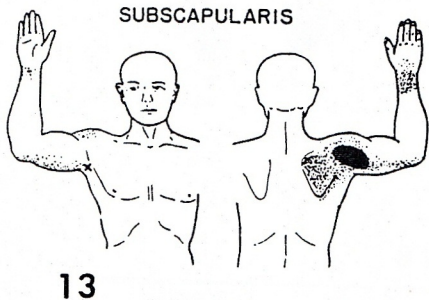
SCALENI



DELTOID



SUBSCAPULARIS



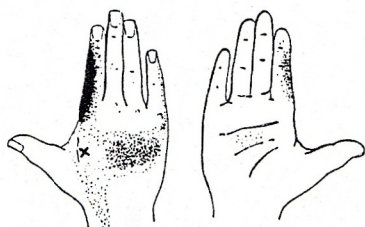
MIDDLE FINGER EXTENSOR

EXTENSOR CARPI RADIALIS

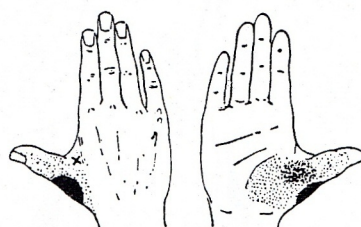
SUPINATORS



FIRST INTEROSSEOUS



ADDUCTOR POLLICIS



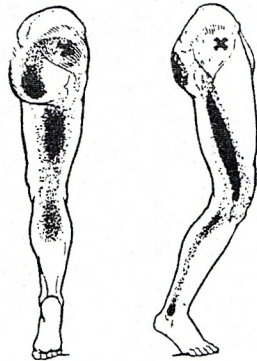
PAIN PATTERN



TRIGGER AREA X

LOWER EXTREMITY

GLUTEUS MINIMUS



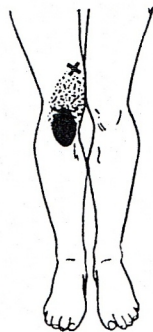
30,31

ADDUCTOR LONGUS



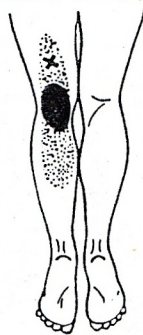
32,33

VASTUS MEDIALIS



34

BICEPS FEMORIS



35

SOLEUS

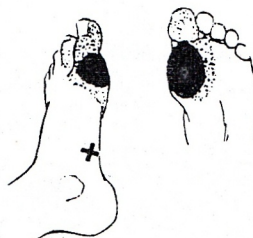


36,37

GASTROCNEMIUS



ABDUCTOR HALLUCIS



38

TIBIALIS ANTICUS



39,40

LONG EXTENSORS

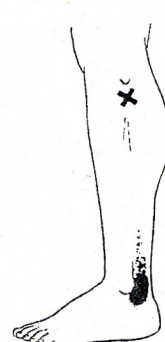


SHORT EXTENSORS



41,42

PERONEUS LONGUS



PAIN PATTERN 

TRIGGER AREA X