

TOPICAL



MADE
~ TO *move*

What is a topical analgesic?

A topical is a cream or lotion used during manual therapy. A topical analgesic is one that provides pain relief as well.

When do you use it?

Topicals are used to promote a decrease in pain or to provide lubrication as an emollient during hands-on therapy.

What kinds do you have?

We have unscented/no sensation emollient, Dual Action Medistik (hot/cold sensation), and Ice Therapy Medistik (cold sensation), and organic mint body lotion.

How do TOPICALS help?



Decreases pain by using the gate control theory (counter-irritant)



Decrease pain by increasing blood flow (vasodilation)











Prevent injury (pulling) to skin during manual therapy

What topicals are offered?

DUAL Stick	Ice Pump	Body Lotion
46% actives 30% Methyl Salicylate 15% Menthol 1% Eucalyptus	5% Actives 10% Menthol 4% Camphor 2% Peppermint Oil	0 % Actives All organic (shea, mint, aloe, sunflower, coconut oil, cocoa seed butter, and coffee extract)
Hot/Cold Sensation	Cooling Sensation	Very Slight Cooling Sensation

Why use Medistik?

-  Highest levels of actives before you need a prescription
-  Strongest products on the market
-  Powerful anti-inflammatory, counter irritants, and vasodilators
-  Highest performance outcomes
-  Rapid and prolonged pain relief
-  Prolonged anti-inflammatory effects
-  Available only to professional clinics
-  Made in Canada

When to avoid a Topical...

- ✘ For known (rare) allergies to active ingredients
- ✘ Open wounds
- ✘ Infected tissue
- ✘ Before showering
- ✘ Before Electroacupuncture or TENS therapy
- ✘ Certain areas of the body such as the axilla

How do you choose?

Ultimately, the choice is up to you! Here's some info to help you choose during your appointment:



DUAL Stick

Strong, more hot sensation, acute, chronic, and arthritic pain

Ice Pump

Less intense, more cooling, cramps, mild soreness, fast acting

Mint Lotion

No strength, very little sensation