

Since 1987, Flexall gels have proven beneficial in:

- Sports Medicine
- Injury Prevention
- Rehabilitation
- Pain Management

Flexall 454® (7% menthol) and Maximum Strength Flexall 454® (16% menthol) are unique aloe vera gel formulas with vitamin E.

Flexall® Ultra Plus contains three active ingredients (16% menthol, 10% methyl salicylate, 3.1% camphor) plus vitamin E.

Incorporating Flexall gels into your treatment regimen will help:

- Increase "at home" compliance
- Enhance ultrasound
- Supplement cryotherapy
- Calm the pain between T.E.N.S.
- Intensify soft tissue massage

Flexall gels provide fast, long lasting relief for:

- Minor arthritis pain
- Simple backache
- Bursitis
- Tendonitis
- Muscle strains and sprains
- Bruises
- Cramps

Flexall gels are used in the care of athletes worldwide, in all levels of competition, including major sporting events like:

- The Olympics
- The Super Bowl
- The NBA Finals
- The World Series
- The Stanley Cup
- College basketball tournaments
- College football bowl games

Why patients prefer Flexall gels:

- Fast, long lasting relief for painful muscles & joints
- Effective counterirritation to pain by providing a cooling sensation then deeper heat
- Soothe and relax sore muscles by increasing local blood flow
- Penetrate skin quickly & deeply
- Greaseless and non-staining

Flexall gels are among the top-selling brands in the consumer market and are well-known and trusted by patients.

Discover why Flexall® topical pain relieving gels are invaluable in clinical and training room settings. Flexall gels are unique aloe vera gel formulas with vitamin E that can be used in treating the acute, sub-acute, and chronic stages of injury.

Application Methods

Apply generously to painful muscles and joints then gently massage until Flexall disappears.

Repeat as necessary for temporary relief of minor arthritis pain, simple backache, bursitis, tendonitis, muscle sprains and strains, bruises, and cramps.

Use before and after activity.

When treating an injured area or joint, completely coat the entire area.

Additional methods may be recommended depending upon the severity of the condition and the judgment of the health professional.

For Use With Stretching

Stretching before and after exercise is an integral part of any activity. While much emphasis is placed on stretching before exercise, there are additional benefits realized when stretching post-activity. Enhance all stretching sessions by applying Flexall prior to beginning.

For Use With Soft Tissue Massage

Liberal apply Flexall prior to massage. Periodically reapply.

For Use With Ultrasound

Enhance ultrasound therapy and increase patient compliance by helping the patient "feel" the treatment. Apply Flexall to the site prior to starting and gently massage in. Next,

perform the ultrasound treatment following established protocol.

An alternative method is to blend Flexall with a neutral coupling agent, apply this mixture to the treatment site and begin procedure.

For Use With Cryotherapy

Flexall gels can be used in any situation which normally requires the use of ice.

Completely coat the injured area with Flexall, cover with a breathable material, and apply ice.

Warning. Never apply ice directly to the skin or for more than 20 minutes at a time.

For Use With Breathable Wraps

As long as the material is breathable, Flexall can be used with tape, wraps, or supports.

Warning. Never cover an area with cellophane or other nonporous materials after applying Flexall. In some cases, it may lead to skin irritation and blistering.

For Use With Moist Heat

Place a moist heat pack over the affected area for 5-10 minutes. Remove heat, apply Flexall, and massage in.

For Use With Electrotherapy

Apply Flexall to help relieve painful muscles and joints between treat-

ments on a TENS unit. Wash the area thoroughly with soap and water prior to reattaching pads.

For Treating Acute Injuries

Treating Contusions. Liberal apply Flexall without massage. Place an ice pack over the treated area. Do not apply ice directly to the skin or for more than 20 minutes at a time. Continue treatment 2-4 times per day for 2-3 days. Add exercise to avoid loss of range of motion. After 3 days, apply Flexall, then massage while adding heat.

Treating Sprains. Apply Flexall to the joint followed by ice swabs and ice compression. Use 2 times daily. Continue using Flexall before contrast baths and warm whirlpools.

Treating Cramps. Apply directly to the cramping muscle and massage. In the case of an individual who is prone to cramping, massage the area with Flexall before exercise.

For Treating Chronic Injuries

The best regimen to follow is to apply Flexall directly to the injured or painful area before exercise or activity. Upon completion, reapply Flexall in conjunction with ice.

Product Availability

Flexall 454®
Dispensers, 2 oz., 4 oz., 8 oz., 16 oz., 7 lb.

Maximum Strength Flexall 454®
1.5 oz., 3 oz., 16 oz., 7 lb.

Flexall® Ultra Plus
2 oz., 4 oz.

Flexall®

Ari-Med Pharmaceuticals
1615 W. University Dr., Suite 135
Tempe, AZ 85281 USA
Customer Service: 800-527-4923
Fax Orders: 480-966-9806
arimed@qwest.net