



**DEEP FREEZE™**  
COOL THERAPY

## CLINICAL APPROACH

This treatment will show you the precise angles of Active Isolated Stretching combined with a New Generation of topical pain-relief offered by Deep Freeze Team LLC which will take healing to new heights while introducing proactive joint maintenance awareness.

### Range of Motion Shoulder Treatment (in a seated position)

This 15 minute treatment will address several of the muscles that have a direct effect on the overall health of the shoulder.

### Product: DEEP FREEZE™ Cool Therapy Pain Relieving Gel

You will take a small amount of the Pain Relief Gel and apply it to the affected shoulder. It will only take a few minutes for the active ingredients to penetrate the tissue to assist its healing process.

#### • Active Isolated Stretching Principles:

- The client is active; working with Reciprocal Inhibition
- Only hold stretches for 2 seconds while adding a little pressure at end of ROM
- Allow the muscle back into a relaxed state (when you stretch or contract a muscle the blood is pushed out of the muscle; the new blood and oxygen only comes in when it is relaxed/natural state)
- Repeat the stretches 8-10 times

#### • The practitioner's responsibility:

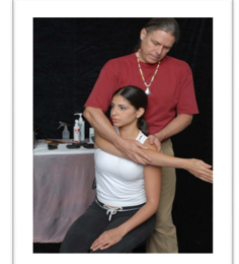
- Assist the client in moving their arm if needed
- Maintain the proper angle
- Apply a little pressure at end of ROM
- Make sure the muscle is moved into a neutral position

### Treatment:

- Horizontal Abduction Technique: Client's arm is resting in front, they will abduct their arm into extension. You will support posterior shoulder to stabilize trunk from compensation.

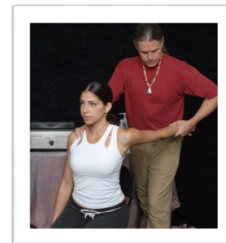
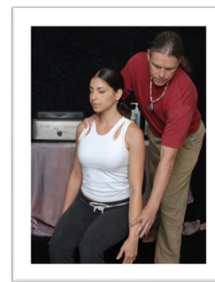


- Horizontal Adduction Technique: Client's arm will be horizontally abducted and adduct their arm toward the opposite shoulder. You will be standing behind your client and supporting their posterior shoulder to immunize turning of the trunk.

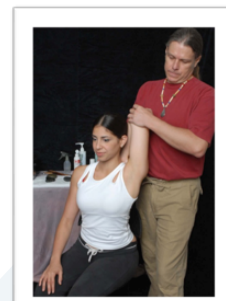
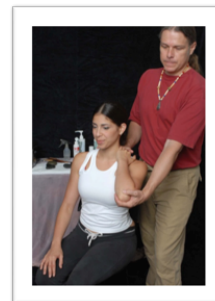


*Deep Is Different™*

- **Shoulder Extension Technique:** Client will start with their arm down at their side with their elbow straight and then move their arm into extension. You will stabilize the shoulder to prevent it from shrugging.



- **Elbow Extensor Stretch Technique:** Client will bend their elbow palm facing their shoulder and as they raise their elbow and reach down their back, you will support their elbow and help them reach down their back.



***The Deep Freeze Team is committed to home care and wellbeing of your clients while supporting your practice/spa/clinic with retail opportunities.***

#### **Retail Products:**

- DEEP FREEZE™ Cool Therapy Pain Relieving Gel 2oz.
- DEEP FREEZE™ Cool Therapy Pain Relieving Gel 4oz. Roll-On
- DEEP FREEZE™ Cool Therapy Pain Relieving Gel 8oz. with Pump
- DEEP FREEZE™ Cool Therapy Pain Relieving Spray 4oz.
- DEEP FREEZE™ Cool Therapy Pain Relieving Gel 16oz. with Pump

*All of Deep Freeze Team LLC Treatments are designed for health care practitioners with experience in the demonstrated modality.*

***Deep Is Different™***