



fact sheet

All Black 'n Blue and EZE: Treatment of acute or chronic injury

Acute injuries may benefit from the combined use of All Black 'n Blue and EZE. The recommended treatment for acute or chronic injury is as follows:

Days 1 to 3 Apply All Black 'n Blue

Day 4 Introduce EZE by alternating it 4 hourly with All Black 'n Blue

Day 5 onwards Apply EZE on its own



All Black 'n Blue (ABB) is an alternative to cold therapy. Its gentle application to an area of tissue damage produces a noticeable cooling effect as the hydrophilic gel releases water molecules onto the skin plus effective actives from the essential oils.

The advantage of this product over other topical inflammation reducing treatments is the with-holding time prior to competition. All Black 'n Blue contains no prohibited substances so can be used right up to and during competition.

It is particularly useful when used as a leg cooler or tightener immediately after strenuous exercise, especially where there maybe contributing pain.

EZE is indicated more for areas of chronic inflammation where fibrous tissue and restricted movement (loss of function) are a feature. The active ingredients in EZE penetrate into the deeper tissues, opening up a capillary network. Areas of fibrous tissue loosen up allowing increased mobility. It is particularly useful when applied to arthritic joints.

Other indications for EZE include relieving the pain associated with muscle strains and soreness. Because it is a hydrophilic gel there is no build up of oil on the skin surface. It also means the skin does not heat up when massaged and the skin is still able to sweat freely.

Other points to note:

All Black 'n Blue

- > ABB is slow release so, rather than massaging it in, it can be left on the skin as a poultice to be absorbed over time.
- > It can be used as part of frictional or dry techniques. Instead of wiping the oil or cream off afterwards in order to apply ice or an anti-inflammatory treatment ABB has enough slip to allow for a warm-up massage before frictional treatment plus it provides cooling and anti inflammatory properties.
- > It is compatible with ultrasound equipment because is it non-ionic unlike creams or gels containing alcohol.
- > Adhesive strapping can be applied immediately after use.
- > For sports people the use of ABB and EZE immediately post event will assist in the removal of lactic acid.

EZE

- > EZE is designed to assist old injuries so is extremely effective for frictional work on that type of injury particularly with the back.
- > It is compatible with ultrasound equipment because is it non-ionic unlike creams or gels containing alcohol.
- > It is designed to act extremely quickly and penetrate as far as possible via the lymph.
- > The slow release function works by using the body's own blood pressure.