



TREAT - PREVENT - PERFORM

Nemidon Gels : Why and how we use them.

I began working in professional golf in 1990 and for the first 5 years I tried and trialed a number of massage and soft tissue therapeutic gels looking for something that would assist in the therapeutic process and accelerate healing of the types of conditions I was discovering with professional golfers.

During this first 5 years of working with the players on the PGA Tour Australasia, it became evident that with professional golfers there was a pattern of dysfunction. The repetitive action, postural loading and neuromuscular imbalance pattern required to play professional golf (and or for that matter, amateur golf over a number of years) was creating an ongoing pathophysiological process of accumulative insult to the soft tissues, to the joints and their capsules, ligaments & cartilages and to the neurological system.

The problem is that even though these stresses/insults are relatively small in the short term, the cumulative affect is very damaging over the years that a professional golfer has to practice & play to become successful at his/her trade.

These minor accumulating repetitive strains/sprains, neuromuscular postural loading and patterns of movement were creating the foundation, if left untreated, for an ongoing chronic injury cycle.

Minor myofascial adhesions were being created and affected the soft tissues, the joints (capsules, ligaments & cartilages) and the neurological system (myofascial nerve entrapments).

All of these soft tissue stresses and neuromuscular dysfunctions build over time eventually leading to gross dysfunction in the musculoskeletal system.

In this state the professional golfer was “an accident waiting to happen” as they might not have had any symptoms to this stage. Typically they would present with low back, mid back, neck and or wrist conditions which came on “out of the blue” or with very little stress involved.

Understanding the professional golfers pathophysiological process of decline is critical to their care.

This is why I am of the opinion that all professional golf injuries are preventable. This comment obviously excludes any acute traumatic insult like being hit by a golf ball, or spraining an ankle walking on an uneven surface etc.

Critical also in my process of discovery was to find a soft tissue gel or application that best worked with the types of conditions that I was finding.

What I mean by “assisting the therapeutic process” is that the product had to make the hands-on myofascial techniques, which I was predominantly using, more effective or simply easier to do. Secondly I wanted to use something that, by my trials, proved to accelerate the healing of these conditions.

After trialing a significant number of products in my first 5 years, I discovered a product made in New Zealand called “**All Black ‘n Blue**” by Sports Essentials (the company is now named Nemidon Gels).

There were a number of things that impressed me about this product....

First, was its viscosity. It was perfect in assisting the myofascial techniques I employed to deal with the soft tissue adhesions I was finding in the professional golfers, ie not too oily or slippery, which would not allow enough traction, and not too thick, which in turn would produce too much friction.

Secondly, what impressed me were the ingredients.

All Black & Blue contained a number of essential oils which I was familiar with and knew would accelerate the healing process of the conditions I was treating.

Thirdly, I was impressed by the use of the Seaweed Colloids, a proven hydration & delivery system for the ingredients deep into the dermal layers (for more information on this point see <http://www.nemidon.com/hydrating.php> & <http://www.nemidon.com/carriers.php>).

Finally, I was also impressed with its smell; a pleasant aroma, which remained so, both to the players and myself, even when using it repeatedly during a tournament week.

So I began using the **All Black ‘n Blue** in 1995 and was then introduced to Nemidon Gels’ other products: Eze, Ultra Hydration Gel, FootCare Gel & Chafe Block.

Immediately I began experimenting using a combination of All Black & Blue, Eze and Ultra Hydration Gel on my professional golfers throughout their tournament weeks.

Over time I found that **All Black ‘n Blue** was best suited to the Tuesday and Wednesday of the tournament week when I worked more deeply on the soft tissues and associated structures in an attempt to get more long term changes.

Eze I found was best utilized post round on the Thursday, Friday & Saturday of the tournament week, when my therapy was less demanding on the body and more focused on the professional golfer’s cumulative chronic conditions that they had developed over time from their sport.

As for the pre-round musculoskeletal balancing and warm up/stretch sessions (Thursday, Friday, Saturday & Sunday of the tournament week), the **Ultra Hydration Gel** mixed with other Chinese Medicine products I use (to increase blood flow & heat in the muscles) has proven to be ideal.

Of the many other benefits associated with these products, it is important to note that Nemidon Gels as a company are committed to ongoing research, ie double blind studies into the effectiveness of their products.

For further information on such studies, please contact Nemidon Gels at <http://www.nemidon.com/index.php>.

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USE OF NEMIDON GELS FOR OSTEOPATHS

Chronic inflammation is a commonly encountered condition in osteopathic practice. The unique perspective and treatment approach of osteopathy has much to offer in its treatment and management. In osteopathy the aim is to treat the cause of problems as well as the symptoms. In chronic conditions such as degenerative joint disease/osteo-arthritis (DJD), osteopaths often see persistent inflammation as a symptom of an underlying mechanical dysfunction. The internal irritation of the tissues is maintained by aberrant somatic mechanics. Medication holds the symptoms at bay, but they return with speed if the patient stops taking the medication, unless the irritant factor, the somatic dysfunction, is addressed.

In patients with DJD, osteopathic treatment to reduce the aggravation of the tissues involves reducing compression of the joint surfaces, restoration of normal range of motion and tracking of the joints involved, and improvement to global body functioning. The wide variety of technique approaches in osteopathy allows for appropriate treatment methods to be selected for people of all ages and with all manner of underlying pathology. Once the somatic dysfunctions are treated, appropriate home based management strategies can be suggested to reduce the need for or amount required of strong anti-inflammatory medication.

Should the patient have a long-standing irritation of the tissues, or if they have been taking NSAIDS intermittently, the tissues involved may be particularly fractious and easy to irritate. To hasten resolution of the inflammatory process, in these cases, the appropriate course of action may be to recommend a course of anti-inflammatory medication, herbal or pharmaceutical, depending on severity of the inflammatory reaction and preference of the patient. Once the inflammatory reaction in the tissues has settled, prevention of its recurrence is the key to management.

Simple home-based management involves teaching our patients about the inflammatory process. By advising patients how to look after their joints and recognise the first signs of inflammation, they can act to ensure the inflammatory response does not become established in the tissues. Appropriate stretches are taught to people to keep joints from becoming compressed. Topical anti-inflammatory gels such as Nemidon All Black and Blue* and creams are also really effective if used regularly. Many of the older patients we treat apply All Black and Blue daily and also massage their muscles a little while they do so. It is easy to teach people how to give themselves a quick massage around affected joints, thereby preventing increased muscle tension and compression and irritation of their joints.

We have found that this daily monitoring of their tissues also teaches people to recognise when they need to have treatment and highlights the importance of attending to the early signs of the inflammatory response in joints. An inflammatory response that is less than a week old is far easier to resolve than a

chronic grumbling inflammatory response that is months and sometimes even years old.

*We have found that the Nemidon range of products is highly effective, due to the unique delivery system of the seaweed-based gel. The herbal anti-inflammatory agents penetrate the skin easily and act quickly bringing relief from pain as well as settling the inflammatory reaction. The gel based products are non-greasy, another factor in their ready acceptance by our patients. The seaweed-based gel is also good for the skin and can be used indefinitely without any adverse effect. In fact the rehydration aspect of the way the gels work is another of their clinical benefits, especially in older patients with fragile skin.

All Black and Blue is also the product we recommend for treatment of muscular and ligamentous strains and sprains and tendonitis. Combined with gentle treatment to restore the biomechanical functioning of an area, we have our patients undertake an intensive home-based anti-inflammatory regime. We recommend they apply All Black and Blue four times daily to the most painful area, and also that they massage and loosen the muscles associated with the tendonitis or that would be contracting over the affected area. (Massage gently in the direction of the tear or joint so as not to irritate it further).

This reduces the mechanical load on the tissues that are trying to repair, while the topical application of the herbal anti-inflammatory agents helps settle the inflammatory response, allowing the healing process to proceed rapidly. In most cases once the acute inflammatory response is over and the need for RICE intervention has passed, we also recommend alternating heat and cold treatments at night to improve vascular flow. Only in the most severe or persistent conditions do we recommend the pharmaceutical non-steroidal gels and creams or that patients take NSAIDS internally, as we have found this regime clinically effective and readily accepted by patients.

As well as being useful in the treatment of chronic and acute inflammatory conditions, and in the maintenance of arthritic joint conditions, All Black and Blue has been used with great success by our patients in a diverse range of situations. One patient swears by it for relief from the pain of her varicose veins. Another who sadly has now died, used it with great success for the pain of metastases to the ribs.

Other patients, who have painful muscular conditions such as fibromyalgia, are regular users of the Nemidon gel EZE, as it has a soothing and warming effect on the muscles. (It has less menthol than All Black and Blue.) Again, the clinical effects of rapid delivery of the therapeutic agents into the skin, their non-greasiness and the beneficial effects they have to the skin itself, make this product very well received in our practice.