



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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