

FYZICAL[®]



FYZICAL 123
BASIC

Why Live With
Pain If You Don't
Have To?

Basic Application of FYZICAL 123



This product and process has been developed from over 12 years of clinical application and testing by nationally and internationally known physical therapist Scott Pensivy, PT, LAT, ATC.

FYZICAL 123 is not just a cream, but a pain-decreasing system that blends the chemical and mechanical aspects of healing for maximum relief. This product has treated professional athletes, clients and patients with impressive results, and now **YOU** too can benefit from this revolutionary method!

“Why live with pain if you don’t have to?”

The **FYZICAL 123** system is composed of not just 1, but 3 topical pain creams that are applied using an ergonomically designed applicator, or “**Scapula**”, named for its shape as it resembles a scapula, or shoulder blade. The Scapula allows for decreased cross contamination to the eyes, mouth, and unwanted areas. It does not get on additional equipment such as balls, bats, racquets, clubs, when participating in a sport.

FYZICAL 123 was registered with the FDA in January of 2017.



While the cream represents the chemical component of the pain decreasing system, the Scapula applicator represents the mechanical component of the pain decreasing processes. The method consists of applying the **FYZICAL 123** cream while using the Scapula to agitate the dermis, or skin, to break up tissue adhesions and allow an increase of blood flow to the treatment area.



FYZICAL 123 has three pain-attacking strengths:

FYZICAL 1 combines a cooling base of menthol 5% with a hint of warming capsaicin 0.035% to dissolve and absorb the p-neuropeptides or the pain neurotransmitters.

FYZICAL 2 is a medium-heat pain cream with an active ingredient of 0.035% capsaicin. It also has the active ingredients MSM and tourmaline. While the capsaicin may heat up the treatment area, it will only feel as a mild heat sensation.

FYZICAL 3 Fyzical 3 is a high-heat pain cream that also includes the active ingredients of MSM and tourmaline, but it has a 0.075% strength capsaicin. The capsaicin may heat up to give you a deep heat area that can come and go for 24 hrs.

Application:

1. Identify the area to treat which will have a feeling of thickness or tightness.
2. Choose strength you desire - either Fyzical 1 cool, Fyzical 2 medium heat, or Fyzical 3 high heat.
3. Locate the area of pain, discomfort, or stiffness using the applicator as an extension of your hand.
4. Squeeze a dime-sized amount onto applicator (scapula).

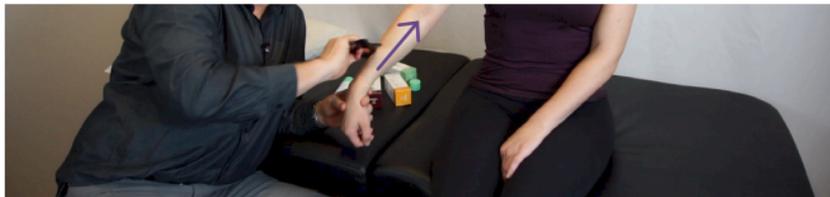


5. Apply the applicator with the **FYZICAL 123** cream to the painful or stiff area, and work into the skin as if the applicator is an extension of your hand. Work area for 20 to 30 seconds, stroking between a 90-degree and 45-degree angle with a light or medium pressure (less is more). Soreness may increase with working the area, but this is normal as you break up the scar tissue. Continue for another 20 to 30 seconds, discontinue, then reassess the mobility or strength of the involved joint. More pressure may be applied in subsequent rounds to break up adhesions or thickness. Petechiae, or redness, is a normal response that may occur following treatment due to the breaking up of small blood vessels just beneath the skin. This will help increase blood flow to the area and help decrease what is known as hypotonic tissue, or tissue receiving decreased nutrients.

When applying the system to another person, always get feedback by asking if your pressure is too hard or too light as you perform the activity. Be careful not to press too hard, as that might cause significant pain or dysfunction. When treating another person, it is always important to continually evaluate your activity of the application on an ongoing basis.

To care for the applicator, hand wash with soap and warm water. The applicator is dishwasher safe.

Work area no more than 2-3 minutes. Never work on an area that is bruised, irritated or open skin (see contraindications.) Once area has been treated, always finish with going from the lower part of what you worked to the higher area, or from distal to proximal, to push the blood back to the heart. Example - Working on the elbow, you would go from the wrist, elbow, to shoulder. This helps flush the byproducts back towards the heart.



Enhance heat - You may want to activate the heat, or capsaicin, by waving a hairdryer for about 5 to 10 seconds over the treatment area. You can also place a moistened washcloth (with warm water) to the affected area and leave it on for 20 seconds. Considerations - the Fyzical 3 may be reactivated hours later if exposed to sunlight, hot water, sweat, or exercise.

Important information - To decrease an undesirable amount of heat sensation from the capsaicin, apply shaving cream to the treated area to neutralize the reaction.

Indications - For back pain, neck pain, carpal tunnel, nerve entrapment, sports injuries, pre-workout, post-workout, chronic pain, neuropathy, musculoskeletal pain, tendinosis, nerve pain, or neuritis or neuropathy; it is best to treat by applying a light film to the area three to four times a day with the applicator. Always reassess the next day. If pain persists more than 24 hours, see your physician.

Must read contraindications before performing technique.

Contraindications:

1. Exposed mucous membranes, wounds, or cuts.
2. Do not put in your mouth or eyes.
3. Do not take internally.
4. Do not use during pregnancy or when breastfeeding.
5. Any skin irritation or psoriasis.
6. If treatment is performed using your hands to apply, wash your hands thoroughly with warm water for at least 20 seconds. Shaving cream can help decrease the burning sensation if desired.
7. Unhealed fractures.
8. Do not use when taking blood thinners, such as Coumadin.
9. Uncontrolled hypertension.
10. Hematoma
11. Cancer.
12. Burns, thick scarring.
13. History of keloids.
14. Hemophiliac.
15. Active infection.
16. Fever.
17. Intolerance to technique, noncompliant to technique.
18. Myositis ossificans
19. Acute flare up of rheumatoid arthritis or all immune diseases, such as lupus.
20. If area becomes bruised or irritated, must wait five to 10 days until completely resolved of discoloration.

Precautions and awareness - Individuals taking high doses of omega 3, individuals with severe neuropathic conditions, fair-skinned individual use less product and with caution. Individuals participating in athletic events where heat may be generated, avoid hot showers or Jacuzzi once applied, especially Fyzical 3. Individuals can use TPM to lightly apply desired pain cream to acute areas but must be done light. No heavy compression necessary.

What People Are Saying About Fyzical 123

Harrison Barnes

Golden State Warriors 2014-2015 World NBA Champs
NBA Dallas Mavericks

"When the cream is applied it loosens my muscles and stays warm the entire game."

Dr. Mel Pohl- MD

Owner of Recovery Center

"One of the best pain cream systems we recommend to our patients, with great success."

Olivia Newton John

Entertainer

"Helped me with my back pain, stayed warm throughout my shows. Love it."

Jimmy Butler

Chicago Bulls

"The Technique is unique and effective."

Steve Kerr

Golden State Warriors NBA Coach of the Year
2015-16, 2014-15, World Champs 2014

"I use the Fyzical 3 - helps me get back into the game."

Dr. Verni - MD

Urologist

"Great for my aches and pains when I train.
So great I sell it in my office."

Troy Tulowitzki

Colorado Rockies MLB/ Toronto Blue Jays MLB

"The cream and applicator I use before every game, really helps my sore muscles."

Questions? Concerns? Email us at Info@FYZICAL123.com or go to www.FYZICAL123.com for more information on our products and techniques.

Thank you for using **FYZICAL123** to help you with your pain. At Pensivy Sports Products,

“Our passion is the product and the product is our passion.”

Warnings: For External Use Only.

- Use only as directed
- Avoid contact with eyes and mucous membranes
- DO NOT cover or bandage tightly
- If swallowed call poison control immediately
- If contact with eyes, rinse with cold water and call a doctor.
- DO NOT USE on wounds or damaged skin. Children under 12 years old, consult a doctor.

Directions: Use only as directed. Prior to first use, test skin by applying a small amount and using The Pensivy Method™ directions.

If you use hands and not the applicator, thoroughly wash hands after application.

Store Below 90°F/32°C

If conditions worsen, or if symptoms persist for more than 7 days or clear up and occur again within a few days, discontinue use of this product and consult a doctor.

If pregnant or nursing, ask a health professional before use.

Keep out of reach of children.

Possible Allergens: May contain Capsaicin and/or Menthol.

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