



## ASK A DOCTOR HOW MUCH MUSCLECARE EXTRA- STRENGTH ROLL-ON SHOULD I APPLY?

MuscleCare is formulated to help your body heal faster when you follow this protocol and incorporate both the roll-on into your daily routine. Over one million people have been enjoying the pain, inflammation and spasm relief benefits from MuscleCare since 2010.

This is your guide to using MuscleCare to target your painful areas and beat the pain! In addition, I encourage you to stretch for 15-30 minutes a day and walk no less than 30 minutes per day for optimal health.

This is set up into Mild Pain (less than a 5/10) and Moderate to Severe Pain (6-10/10) on the pain scale. 0 is no pain & 10 is the worst.

Acute means “new” pain usually less than 6 months in duration. Chronic means “old” pain usually there for more than 6 months.

116 million Americans have chronic pain. Let’s work together to reduce this number and help people live life to the fullest.

- Dr. Chris, Founder of MuscleCare



### ARTHRITIS, OSTEOARTHRITIS

MuscleCare has the ability to reduce the pain caused by the swelling and inflammation of the joints caused by both Arthritis and Osteoarthritis.

#### MILD PAIN

Acute	1 Roll-on - 30 days	Use 3-5x per day on day 1 and 2 Use as needed after that
Chronic	1 Roll-on - 30 days	Daily AM/PM

#### MODERATE TO SEVERE PAIN

Acute	2 Roll-on, 1 - 30 days	Roll-on in AM, 4-8x a day for first few days Use as needed after that
Chronic	2 Roll-on, 1 - 60 days	AM, Mid-day, and PM As needed in between



### LOW BACK PAIN

Up to 85 percent of working adults can expect to experience low back pain at some point in their life - especially pregnant mothers.

#### MILD PAIN

Acute	1 Roll-on - 30 days	Use 3-5x per day on day 1 and 2 Use as needed after that
Chronic	1 Roll-on - 30 days	Daily AM/PM

#### MODERATE TO SEVERE PAIN

Acute	2 Roll-on, 1 - 30 days	Roll-on in AM, 4-8x a day for first few days Use as needed after that
Chronic	2 Roll-on, 1 - 60 days	AM, Mid-day, and PM As needed in between



Did you know that MuscleCare is safe to use in pregnancy?

### NECK PAIN

Neck pain is typically the result of trauma, inflammation and repetitive stress on related areas of the body.

#### MILD PAIN

Acute	1 Roll-on - 30 days	Roll-on 2-4x in day
Chronic	1 Roll-on - 30 days	Daily AM/PM

#### MODERATE TO SEVERE PAIN

Acute	2 Roll-on - 30 days	Roll-on in AM, 4-8x a day for first few days Use as needed after that
Chronic	2 Roll-on - 60 days	AM, Mid-day, and PM As needed in between



### HEADACHE, MIGRAINE

Majority of migraines can stem from other issues in the body such as neck and shoulder pains. MuscleCare can help ease the pain of migraines. Apply to front, side and back of neck. In particular, apply to under the skull and to top of shoulders.

#### MILD PAIN

Acute	1 Roll-on - 30 days	Roll-on 2-4x in day
Chronic	1 Roll-on - 30 days	Daily AM/PM

#### MODERATE TO SEVERE PAIN

Acute	2 Roll-on - 30 days	Roll-on 4-6x in day
Chronic	2 Roll-on - 60 days	AM, Mid-day, and PM As needed in between



### SHOULDER STIFFNESS

Regular stretches and applying MuscleCare’s pain relief formulae as follows is the best remedy for curing stiff shoulders. Apply to lower neck (front, back, and side) and all around shoulders/upper arms for best results.

#### MILD PAIN

Acute	1 Roll-on - 30 days	Roll-on 3-5x in day for first few days After that, as needed
Chronic	1 Roll-on - 30 days	Daily AM/PM

#### MODERATE TO SEVERE PAIN

Acute	2 Roll-on - 30 days	Roll-on 5-6x per day
Chronic	2 Roll-on - 60 days	AM, Mid-day, and PM As needed in between After strenuous activity



### FROZEN SHOULDER

Also known as adhesive capsulitis, frozen shoulder is a painful consistent stiffness of the shoulder joint. Normal shoulder movements are made extremely difficult.

#### MILD PAIN

Acute	1 Roll-on - 30 days	Roll-on 3-5x in day until normal movement returns
Chronic	1 Roll-on - 30 days	Roll-on 3-5x per day until

#### MODERATE TO SEVERE PAIN

Acute	2 Roll-on, 1 - 30 days	Roll-on 6-8x a day until movement returns
Chronic	2 Roll-on, 1 - 60 days	Roll-on 4-6x in day until movement returns



## STRAIN (ANY AREA)

Usually occurring during physical activities or exercise, the pain can result from the simple stretch of a muscle or tendon up to a complete tear. If you strain the shoulders or arms, also apply to the neck. If you strain the legs or feet, also apply to your lower back.

### MILD PAIN

Acute	1 Roll-on - 30 days	Roll-on - 2-4x per day until relief
Chronic	2 Roll-ons - 60 days	Roll-on - 3-4x per day for a minimum of 2-3 weeks

### MODERATE TO SEVERE PAIN

Acute	2 Roll-on - 30 days	Roll-on 4-6x per day for at least 2 weeks as needed after that
Chronic	2 Roll-on - 60 days	Roll-on 3-5x per day for at least a month, and then as needed after that

## SCIATICA

Sciatica refers to any pain affecting the back, hip, and outer side of the leg, that is the result of the compression of a spinal nerve root in the lower back. Make sure to apply to lower back, sacral joints, and follow the path of your pain down your leg.

### MILD PAIN

Acute	1 Roll-on - 30 days	Roll-on in the morning and 3-5x in day
Chronic	1 Roll-on - 30 days	Roll-on 2-4x in day until pain subsides

### MODERATE TO SEVERE PAIN

Acute	2 Roll-on - 30 days	Roll-on 6-8x in day until pain subsides
Chronic	2 Roll-on - 60 days	AM, lunch, PM +minimum 3-5 other times through the day

## REPETITIVE STRAIN INJURY (RSI)

Repetitive strain injuries are the result in the impairment of muscles and tendons caused by repetitive actions. If you strain the shoulders or arms, also apply to the neck. If you strain the legs or feet, also apply to your lower back.

### MILD PAIN

Acute	2 Roll-on - 60 days	Roll-on 3-5x a day for a week
Chronic	1 Roll-on - 30 days	Roll-on 4-6x in day for four weeks

### MODERATE TO SEVERE PAIN

Acute	1 Roll-on - 30 days	Roll-on 6x in day for 1-2 weeks
Chronic	1 Roll-on - 30 days	Roll-on 3-5x in day for at least 3-4 weeks

## LEG CRAMPS

Leg cramps are either caused by sitting awkwardly for a prolonged period of time or trauma to the leg muscle or lower back nerve irritation.

### MILD PAIN

Acute	1 Roll-on - 30 days	Roll-on - apply 2x (daily maintenance)
Chronic	1 Roll-on - 30 days	Roll-on 3x a day, in night as needed (daily maintenance)

### MODERATE TO SEVERE PAIN

Acute	1 Roll-on - 30 days	Roll-on 3x a day if it flared up in first 10 minutes, -apply liberally as needed thereafter
Chronic	1 Roll-on - 60 days	AM, Mid-day, and PM before bed

## SPRAIN (ANY AREA)

Unlike strains, sprains result in the stretching or tearing of ligaments. Sprains typically occur in the ankle. If you sprain the shoulders or arms, also apply to the neck. If you sprain the legs or feet, also apply to your lower back.

### MILD PAIN

Acute	1 Roll-on - 30 days	Roll-on - 2-4x per day until relief
Chronic	N/A	N/A

### MODERATE TO SEVERE PAIN

Acute	1 roll-on - 30 days	oll-on 4-6x per day for at least 2 weeks as needed after that
Chronic	N/A	N/A

## GOLFERS ELBOW, TENNIS ELBOW


The nature in the way our elbows bend and stretch in both tennis and golf can cause abrupt or subtle injury of the muscle and tendon area around the outside of the elbow. Must apply to the lower neck (front side and back).

### MILD PAIN

Acute	1 Roll-on - 30 days	Roll-on 3-5x in day
Chronic	1 Roll-on - 30 days	Roll-on 2-4x in day For at least four weeks

### MODERATE TO SEVERE PAIN

Acute	1 Roll-on - 30 days	Roll-on 6-8x in day
Chronic	1 Roll-on - 30 days	Roll-on 6-8x in day Expect 1-2 months

 Click for a list of approved stretches for both golfer's elbow and tennis elbow.

## FIBROMYALGIA

Fibromyalgia is chronic disorder characterized by widespread musculoskeletal pain, fatigue, and tenderness in localized areas. Generally, fibromyalgia involves pain in the arms, torso and legs, so wherever your pain is, we recommend hitting all of those spots at the same time.

### MILD PAIN

Acute	1 Roll-on - 30 days	Roll-on 3-6x in day
Chronic	2 Roll-on - 60 days	Roll-on 3-4x in day

### MODERATE TO SEVERE PAIN

Acute	2 Roll-on - 30 days	Roll-on 6-10x in day to break the cycle, and then as needed after that
Chronic	2 Roll-on - 30 days	Roll-on 4-6x in day

## PLANTAR FASCIITIS

Plantar Fasciitis is the pain felt in the plantar fascia is the ligament that connecting the heel bone to your toes.

### MILD PAIN

Acute	1 Roll-on - 30 days	Roll-on 4-6x in day
Chronic	1 Roll-on - 30 days	Roll-on 3-4x in day

### MODERATE TO SEVERE PAIN

Acute	1 Roll-on - 30 days	Roll-on 6-8x in day For a minimum of two weeks
Chronic	2 Roll-on - 60 days	Roll-on 4-6x in day Minimum of four weeks

## KNEE PAIN

The complexity in the structure of the knee makes it very difficult to diagnose exactly what is causing discomfort in that area. However, MuscleCare has been proven to aid any muscle and joint pains that commonly plague the knee. Always apply to the lower back, as well.



### MILD PAIN

Acute	1 Roll-on - 30 days	Use 3-5x per day on day 1 and 2 Use as needed after that
Chronic	1 Roll-on - 30 days	Daily AM/PM

### MODERATE TO SEVERE PAIN

Acute	1 Roll-on - 30 days	Roll-on in AM, 4-8x a day for first few days Use as needed after that
Chronic	2 Roll-on - 60 days	AM, Mid-day, and PM As needed in between



Are you a cyclist with knee pain? Read our recent blog post highlighting the effects of cycling on the knees.

## OTHER CHRONIC PAIN (MORE THAN 6 MONTHS)

Persistent chronic pain can take a large physical and emotional toll. MuscleCare can help ease the shooting, burning, and aching pains and strains that you are experiencing. If chronic arm pain, apply to neck and arms. If chronic leg pain, also apply to lower back. If it's chronic lower back, we suggest applying to your hamstrings, as well.

### MILD PAIN

Acute	N/A	N/A
Chronic	1 Roll-on - 30 days	Roll-on 3-4x a day for 1-2 months to break pain cycle, then as needed after that

### MODERATE TO SEVERE PAIN

Acute	N/A	N/A
Chronic	2 Roll-on - 60 days	Roll-on 4-6x a day for at least 2-4 months to break pain cycle, as needed after that



## DIABETIC NEUROPATHY

Diabetic Neuropathy is the result of high blood sugar injuring the nerve fibers in the body. Commonly occurs in the legs and feet.



### MILD PAIN

Acute	1 Roll-on	Roll-on 4-6x in day
Chronic	1 Roll-on	Roll-on 2-4x in day

### MODERATE TO SEVERE PAIN

Acute	1 Roll-on	Roll-on 6-10x in day
Chronic	2 Roll-on	Roll-on 4-7x in day

## VIDEO GAMERS (RSI)

Repetitive stress injuries in the thumbs and hands especially are all too common to professional gamers. In extreme cases, hardcore gamers can be subject to arthritis.



### MILD PAIN

Acute	1 roll-on	Roll-on 1x per hour pre play, 1x at end of session - Apply as needed to break pain cycle
Chronic	1 roll-on	AM and PM Plus: 1x per hour during play/1x at end of session

### MODERATE TO SEVERE PAIN

Acute	1 roll-on	4-6x per day to break pain cycle Plus: one application per hour of play
Chronic	1 roll-on	AM, Mid-day, and PM Plus: 1x before and after play

**QUESTIONS/COMMENTS/ORDERS:**  
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