

Sports Massage manual



OZONE

ELITE



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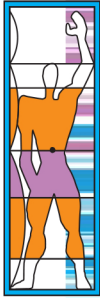
Dear Client,

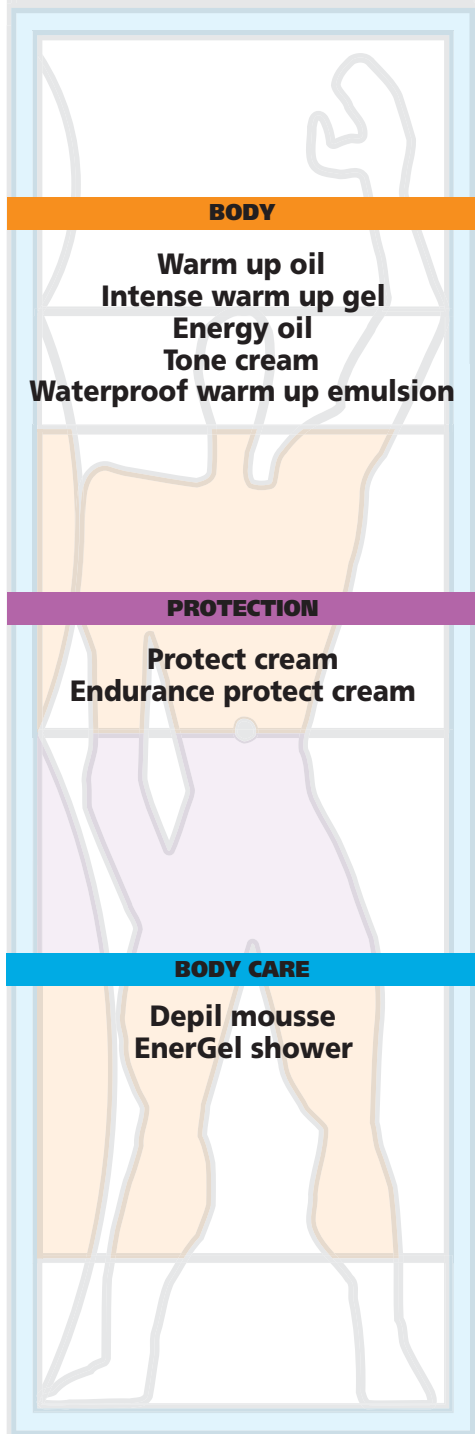
first of all thank you for choosing a product of the Ozone Elite line. We hope to ensure that you get the best results from it.

This manual is written for this purpose, to clearly describe the best ways to apply a line of creams, oils and mousses designed for the benefit of those who participate in sports which can be used to enhance massage and sports-specific massage.

Ozone Elite products will make any sport activity more enjoyable and healthier.

Enjoy your training with Ozone Elite!





SPORTS-MASSAGE

A system of mechanical actions, practiced on the surface of the body, with the intention of removing possible limitations to biological functions of the human body and increasing the physical abilities of the subject. It can be practiced through actions of skimming, rubbing and vibrations, with your hands or dedicated instruments.

In the execution of every single method, the movement must always be developed from the periphery towards the heart, to promote dissipation of by-products and toxins through the vessel system.

Before starting, heat up your hands a bit by rubbing them together. At the end of the treatment if the cream or oil that has been used hasn't been absorbed completely you can use a cotton cloth to remove the remaining products from the treated zone.

Sport massage ensures that the muscles are fully prepared for the sporting activity by warming and loosening the muscle fibres and improving blood flow. In addition, massage also helps relaxation after activity, easing and loosening tense muscles and lowering recovery times for the next muscular effort. It can also be used for a simple general or local relaxation.

Benefits:

- relaxes contracted muscles;
- improves blood circulation;
- favours metabolic exchange;
- eases the draining of toxins produced during sport activity;
- increases oxygenation of tissues;
- helps reducing recovery times;
- produces beneficial effects on the nervous system, favouring a sense of relaxation.

When sports-massage is recommended :

- before a significant muscular effort;
- at the end of that effort;
- during the days of rest;
- whenever you feel the need to reach a better state of relaxation.

How it's carried out: with your bare hands, using specific creams or oils. The bare hand doesn't slide perfectly on the skin, because rubbing creates friction and heat build-up, causing soreness or irritation. The use of ointments or oils is a benefit to the massage and eliminates friction. The use of specific oil or creams increase the fluidity of the massage. If those products contain active principles you can associate the benefits of the massage with the benefits coming from the active substances. In the cure of traumas and diseases of the apparatus and the prophylaxis some ointments are used, gels and creams that have different functions: analgesic, anti-inflammatory, reduction of the irritability of tissues, acceleration of the re-absorbing, reduction of haematomas improvement of microcirculation, nutrition, stimulation and regeneration of tissues.



THE OZONE ELITE PRODUCTS LINE

The Ozonide-based active ingredients in all the products from the Ozone Elite line offer real benefits. These Ozonide molecules are obtained from the interaction of the ozone with vegetable oil, and are absorbed quickly and directly into the muscle tissues helping the assimilation of oxygen. These are (cosmetic) products for the skin that have additional activity on the physiological mechanisms of muscle's adaptation to muscular stress after they are absorbed. Each product has been structured to produce, dependent on application, specific effects and many benefits.

1 Warm up oil

- Prepares the muscle to physical activity by increasing blood circulation, and oxygenizes the muscle thanks to the presence of Ozonides.
- Applied directly to the skin until it's absorbed, it produces a feeling of warmth without associated burning sensations.

2 Intense warm up gel

- Combines the properties of Ozonides with a more intense thermal effect, ideal in particularly cold weather and unfavourable winter riding conditions such as rain, wind and fog.
- Contains ginseng extracts and a blend of ingredients with stimulating, toning and warming properties such as essential oils of chilli, cinnamon, ginger and rosemary.

3 Energy oil

- Particularly rich in Ozonides and essential oils, it offers a surplus of oxygen, increasing the oxygenation of tissues.
- A metabolic amplifier, helps the drainage of lactic acid, favouring its conversion into sugar, supplying new energy to the body. It also improves the use of fats for energy purposes, producing more explosive strength and endurance.

4 Tone cream

- In this product the Ozonides have an oxygenating effect and stimulate blood circulation, helping the recovery after the, exercise and diminishing the "cannibalism" effect, where muscle tissue is broken down within the body for consumption.
- The product is rich in essential oil and if it is used prolonged massage, helps and encourages decontraction and drainage of muscles.

5 Waterproof Warm up Emulsion

- Waterproof warm up emulsion withstands wet and cold conditions for sustained heating performance and protection from injury. It is also the only warm-up emulsion with the added benefit of Elite's unique ozone-rich formulation that oxygenates the muscles as you ride.

6 Protect cream (Chamois)

- The Ozonides that have an anti-bacterial effect contribute to the process of recovering of the skin and avoid the creation of painful substances.
- Ideal also for precautionary use, it is useful after the sport activity to soothe reddening, chaffing and stiffness.

7 Endurance protect cream

- The new Endurance protect cream is only long-lasting protection cream with ozone that releases oxygen molecules.

8 Depil mousse

- Improves the benefits of an easy massage and reduces the risks of infections after bruising or cutting the skin.
- It has anti-inflammatories, re-generating and oxygenating properties thanks to the presence of Aloe and Ozonides.

9 EnerGel Shower

- In just one product you will find a body cleaner, a revitalising shampoo and a refreshing body wash with beneficial properties activated and enhanced by the presence of Ozonides.
- Physiological pH.



BEFORE COMPETITION OR TRAINING SPORTS-MASSAGE

To be carried out before the competition, it helps to prevent injury, relieves stress, has a warming effect on the muscles so that it increases their ability for action and improves articular tone and mobility. With the pre-competition massage the central nervous system is stimulated too, favouring its complete activation.

Those parts of the body which are subject to the greatest effort and those subject to injuries have to be massaged and prepared. Massage is carried out with fast movements, directed to create an alternation between contractions that act with the product being used to encourage the transportation of blood and increase temperature in the applied zone.

Massage can last between 5 and 20 minutes, combined with some warming exercises for back and shoulder muscles.

PRODUCTS TO BE USED



Energy oil



Warming up oil



Intense warm up gel

Specific for this practice is the Energy oil, which encourages the development of oxygenation processes in the muscle's tissues. In cold and windy conditions and in all circumstances when the athlete is forced to tolerate significant changes of temperature, it is advisable to combine the energy oil with the warming oil. This last product can be used in any circumstances, a few minutes before the activity and without the need of any massage, causing an increase in microcirculation and the temperature of the treated muscles.

LOWER LIMBS MASSAGE

A seated position is recommended on an elevated platform (the ideal position is at 30-50 cm, from the ground) positioning yourself so that the muscles to be treated are relaxed, with your feet on the ground.

Thigh

The massage to the lower limbs starts by treating the front muscles of the thigh (quadriceps). It starts off with a slight skimming to distribute the product onto the muscles. The direction is from the upper part of the knee towards the groin, for ten cycles, in total about 15-20 seconds. Then execute a rubbing movement, rising towards the groin, with open hands (thumbs in contact) (Pic. 1) executing a light compression. Repeat for 6-8 cycles, 4-5 seconds each.

Then, use a light beating movement, that tones the muscle, always rising toward the groin. The action will be dynamic and fast. When you get almost to the groin, go back to the starting position (above the knee) and repeat everything. Every cycle (rise) will last about 6-8 seconds. Repeat for 8-10 cycles.

Repeat the sequence also for the muscles of the backside of the thigh. (Pic. 2)

Calf

From a sitting position, with your feet leaning on the ground, start with a light skimming, continue with 4-6 rubbing cycles placing your hands as seen in Pic. 3. Finish with a more dynamic, light and fast beating phase. Use only the fingers, since these muscles are smaller than those in the thigh area. The action on the calf will be executed rising from the ankle to the knee. Execute 8-10 cycles per phase, they should last 5-6 seconds.

UPPER LIMBS MASSAGE

Arm, forearm, neck and shoulders

Start from a sitting position, with your arm flexed and relaxed, leaning on the thigh, or another support. Start with a slight skimming on the front part of the arm (biceps), directed to the shoulder. The rubbing cycles always rise from elbow to shoulder (Pic. 4). Then operate some light pressures, lightly "pinching" the muscle between your thumb and the other fingers of the hand that is massaging, always directed to the shoulder.

Repeat the same operations for the same time, for the back part of the arm (triceps) always directed to the shoulder, with an arm leaning on the thigh or another support, with an internal angle of the elbow superior to 90 degrees. Execute 8-10 cycles per phase, they should last 5-6 seconds each.

The same procedure will be repeated for the forearm, neck and shoulders.

BACK'S MASSAGE

To treat the lumbar zone, sit down with your bust upright on a chair or stool, with your feet on the ground. Distribute the product with both hands open and relaxed, with light circular skimming movements for 10-15 seconds. Then start a rubbing manoeuvre, with the index fingers in contact (Pic. 5), rising until you can for 10-12 cycles. Then repeat for about 20 seconds faster circular movements slightly increasing the pressure. Finally combine with some exercises of articular mobility to warm the back and shoulders.



AFTER COMPETITION OR TRAINING SPORTS-MASSAGE

To be executed soon after sports activity, it is done as a recovery action, favours the drainage of vessel blood and consequently of the produced toxins, improving the introduction of arterial blood. The length of the treatment is greater to the pre-competition phase, 25 or 30 minutes. However, the duration of the treatment depends on the level of fatigue. If the athlete is very tired, the recovering massage must be light and short in duration.

It can be finished the next day.

Massage must favour muscle drainage and must be executed with light and delicate movements. The post-competition massage creates a pleasant sedating effect, that stimulates the nerve receptors of the skin.

PRODUCT TO BE USED



Tone cream

The ideal product for this type of massage is the Tone cream, both for reasons of dexterity and its active principles. The synergy between the Ozonides, with vaso-dilatatory and tissue-oxygenating properties, and the benefits due to the natural extracts determines a fast recovery in the post-competition phase, especially in cases of anaerobic effort.

LOWER LIMBS MASSAGE

It is suggested to sit down on an elevated platform (the ideal position is at 30-50 cm, from the ground) positioning yourself so that the muscles to be treated are relaxed, with your feet on the ground.

Thigh and calf

Start with a skimming action to distribute the product on the front part of the thigh for 12-15 seconds. Slowly proceed with rubbing, lightly compressing the muscle within your hands, while rising towards the groin, 8-10 cycles 5-6 seconds each. Now the kneading manoeuvre can be introduced without pressing too firmly, but with the intention of squeezing the muscle a little bit. Hands are used one after the other, rising longitudinally by the thigh to the groin. Repeat for 6-8 cycles (rising) 8-10" each on the center-side area of the thigh (**Pic. 6**) of the thigh and other for the middle-center position (**Pic. 7**). Finish with an unloading manoeuvre,

as the thumb-index arc of both hands can involve the whole thigh and the compression rises to the groin with the intention of "emptying" the muscular area of toxins. Repeat the unloading manoeuvre for 9-10 cycles, lasting 5-6" each.

The same procedure will be repeated for the back part of the thigh and the calf.

Buttocks

Standing upright, lean with your upper body against a wall to avoid placing the whole body weight on the leaning leg. Start off by distributing the cream with skimming actions. Continue the massage with the rubbing mechanism, helping yourself with the thumb-index finger arc, rising in the direction of the pelvis. The muscle will have to be involved for its entire length. Start the kneading process using the thumb-index pinch, alternating the movements of both hands. Rise longitudinally, covering the complete extension of the muscle, from the side to the zone near the sacrum. Execute 12-15 cycles, 6-8 seconds each.

The unloading technique, rising towards the pelvis, both on the middle part and on the side (**Pic. 8**), should be executed for 12-15 cycles, 4-5 seconds each.

Foot

Seat of numerous nerve endings and muscles, the foot needs to be treated at the end of the activity. After skimming the operation that needs to be done is the rubbing, executing 4-5 cycles of 3-4 seconds each working both on the back that on the sole, moving towards the ankle. Keep on kneading using the thumb-index arc, always moving towards the ankle (**Pic. 9**). Repeat 5-6 cycles both on the back and on the sole, 5-6 seconds each. It finishes with the unloading towards the ankle, with the thumb-index arc. Repeat 5-6 cycles 3-4" each both on the back and on the sole.

UPPER LIMBS MASSAGE

Arm, forearm, neck and shoulders

From a sitting position, with your arm flexed and relaxed, leaning on the thigh, or another support. Massage the front part (biceps) and the rear one (triceps) rising towards the shoulder. Initially skim the part that has to be treated distributing the product, later rubbing for 5-6 cycles of 3-4 seconds each rising towards the shoulder involving the deltoid. Then knead with the thumb-index pinch, rising towards the shoulder. Execute 6-8 cycles 5-6 seconds each, working on the biceps (**Pic. 10**) and on the triceps.

Finish unloading the section, using the thumb-index arc: 6 cycles for the biceps and the triceps, 3-4 seconds each. The direction of the movement is towards the shoulder.

The same procedure will be repeated for the forearm, neck and shoulders.

Pectoral

From a sitting position, start with the skimming while distributing the cream, then rub the muscle using the thumb-index arc, directing from the center towards the edges. Repeat 6-8



cycles, 3-4 seconds each.

Start kneading, lightly pinching the muscle between the fingers. 8-10 cycles 5-6" each have to be made, covering the muscle in its whole area, always directing from the center to the armpit. (Pic. 11).

Finish the massage with the unloading, using the thumb-index arc, thus draining towards the armpit. Execute 6-8 cycles, 3-4 seconds each.

In this case too we suggest that you massage one pectoral at a time, to avoid contracting the muscle to be massaged.

BACK MASSAGE

From a sitting position, distribute the product with light circular skimming movements for 10-13 seconds. Proceed with a slow rubbing executed with the thumb-index finger arc of both hands, slightly compressing and rising to the top. Repeat for 8-10 cycles, 4-5 seconds each.

Then execute a light kneading, using the thumb-index pinch, with the two hands one by one, squeezing a little bit the muscle rising longitudinally, treating the whole lumbar zone from the left to the right of the spinal column. Execute a total of 15-18 rising cycles 6-8 seconds each (Pic. 12).

Finish the massage with the unloading, using the thumb-index arc with both hands, so that a wide area can be treated, executing a light compression and rising towards the top. Repeat for 10-12 cycles 4-5 seconds each.

WHEN SPORTS-MASSAGE SHOULD BE AVOIDED

Sports-Massage must not be carried on in presence of:

- Active inflammatory processes, signaled by the presence of pain, warmth and a blushing of the treated area
- Illnesses or fever
- Serious disease (tumours, cardiopathies)
- Varicose vessels
- In the first few hours and days after a muscular lesion (injury)
- Broken skin, scratches, skin diseases, swelling, recent scars
- Aged subjects or those with osteoporosis
- Pregnancy

In any case of reasonable doubt, avoid massage and consult your doctor.



IT

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La molecola principale presente nei preparati Ozone Elite BIOPEROXOIL, è protetta dai seguenti brevetti
PAT PEND USA 10/155.472 • PAT PEND EUR 009 35232.9



EN

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The principal molecule used in the Ozone Elite products BIOPEROXOIL, is protected by the following patents
PAT PEND USA 10/155.472 • PAT PEND EUR 009 35232.9



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Das in den Präparaten Ozone Elite enthaltene Hauptmolekül BIOPEROXOIL ist durch die folgenden Patente geschützt:
PAT PEND USA 10/155.472 • PAT PEND EUR 009 35232.9

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La principale molécule présente dans les préparations Ozone Elite BIOPEROXOIL, est protégée par les brevets suivants
PAT PEND USA 10/155.472 • PAT PEND EUR 009 35232.9



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La molécula principal presente en los productos Ozone Elite BIOPEROXOIL, Está amparada por las siguientes patentes
PAT PEND USA 10/155.472 • PAT PEND EUR 009 35232.9



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De belangrijkste molecule die in de Ozone Elite producten verwerkt wordt is BIOPEROXOIL, en wordt beschermd door de volgende patenten: PAT PEND USA 10/155.472 • PAT PEND EUR 009 35232.9

NOTES



ELITE OZONE



OFFICIAL SUPPLIER OF PRO TEAMS:



OZONE ELITE



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