



For joint pain

- + Unique creme for easing various joint problems (eg. joint pain and swollen joints)
- + Designed especially to relieve pain and swelling in small joints eg. fingers
- + The cooling effect based on menthol and eucalyptus oil is enhanced by glucosamine, chondroitin and MSM which are essential for joint well-being



www.icepower.fi

Use:

Ice Power Arthro Creme is a unique cold cream for treating various joint problems. The Ice Power cooling effect is enhanced by glucosamine, chondroitine and MSM, which are essential for joint well-being. Massage the cream into the problematic joint area 2-3 times daily. For the best possible results it is recommended to use the cream for a period of at least one month. Avoid contact with eyes, mucous membranes and wounds. For external use only.

General info:

- + Menthol and eucalyptus oil cool the tissue in joint area thus relieving pain and swelling.
- + Chondroitin is a natural building material of the cartilage tissue, and it lubricates the joint surfaces.
- + Glucosamine is a substance found naturally in human body. It exists in all connective tissues. It plays an essential part in the well-being of joint cartilages.
- + MSM reduces inflammation and muscular tension and reduces muscular pain and increases blood circulation. MSM effects in reducing muscular and joint tenderness, in recovering from strain and in sudden muscular fatigue.

Packing size 60 g

The effects of Topical cold gel formula for hand osteoarthritis



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Background

In literature there are couple of studies supporting the use of hot or cold therapy for osteoarthritis (OA) of hand. Mostly topical creams of capsaicin or waxes has been used for hot therapy. In few studies also cold packs were used for OA flare.

Aim

The aim of this study was to evaluate the use of novel gel formula for patients suffering osteoarthritis of hand.

Design

Open controlled trial.

Patients

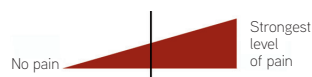
58 patients (10 men and 48 women) with OA of the fingers, who have pain or swelling. The mean age of the patients was 65 years. The diagnosis of hand OA was made by clinical evaluation and confirmed by hand x-rays.



Clinical methods

Patients who have pain more than 40 mm by Visual Analogue Scale and had swelling and stiffness of the joints of fingers were included the study group. Pain was evaluated by VAS at rest and during movements. Also the mobility and functions were evaluated by VAS. HAQ – questionnaire were also filled. All these evaluations were done before the study, with two weeks and 4 weeks follow-up. Patients were advised to use topical cream which included cold forming menthol, some ingredients and also glucosamine-, chondroitin sulphates and MSM (Ice Power Arthro Creme, Fysioline Ltd, Pharma, Finland). The cream was advised to put twice daily on flared hand joints.

VAS scale



Results

The mobility of the joints increased during first two weeks 19,5% and after four weeks treatment up to 35% from the beginning. Pain decreased from 64 mm (at rest) to 41 mm after 4 weeks to end of the study. The everyday managing at home decreased from 0,64 to 0,53 during the two weeks and to 0,36 end of the study. HAQ disability mean was 0,66 at the beginning decreasing 0,62 at 2 weeks follow-up to 0,42 respectively at 4 weeks follow up.

Conclusions

This simple cooling topical gel relieved the moderate pain and decreased joints disability without marked adverse events.

Results

