



## **Liniment and Powder Use Guide**

### **Liniments:**

For acute injuries to ligaments and tendons, contusions, etc., liniments should be applied with gentle circular friction for 5-10 minutes over the affected area, 2-3 times per day with regular re-application as the skin dries. Start application just distant to site of injury and in concentric circles move closer to the site of injury. With injuries that have a tear of soft tissue or fracture, massage over site of tear should not be applied except with very gentle superficial application of liniment. Can be massaged with friction into sore, painful muscles following the direction of the muscle. Gauze can be soaked in liniment and fixed to site of injury for up to 6 hours for sustained absorption. If recommended by your practitioner, liniments can be used as a soak or applied using heat as in a compress.

### **Powders:**

Powders are to be made into a poultice using liquid (liniment, alcohol, water, vinegar, etc). Your practitioner will tell you what to use. Using a small bowl, add prescribed amount of powder and slowly add liquid, stirring frequently. The consistency should be moist and spreadable but not so wet that it will not stay together or have excess liquid. Spread the paste onto gauze or other prescribed medium and apply to site using tape. It is a good idea to wrap the site in plastic wrap to ensure that the liquid will not leak and stain clothing. The poultice can be left on for 8 hours or more- up to 24 hours. Please refer to your practitioner's recommendations on duration.

### **Liniments**

- **Acute Injury Liniment:** For use in the early treatment and rehabilitation of soft tissue injuries, sprains, strains, initial stages of fractures, and contusions. This formula reduces inflammation and pain, promotes blood circulation, and removes stasis. Can be used alternatingly with ice in first 48 hours of severe injury presenting with redness, swelling, and pain. Continued use through the first 6 weeks of injury is advised.
- **Chronic Injury Liniment:** For use on chronic (older than 3 months, or as an aid in final stages of fracture repair) injuries such as arthritis, osteoarthritis, degenerative spinal disorders, and old injuries to ligaments/tendons/bones that get worse in cold/damp

weather.

**Warning**

Herb Topicals are for **external use only**. Do not ingest. Keep out of eyes and mucous membranes. Do not use on open or broken skin. Keep out of reach of children. If skin irritation develops discontinue and remove poultice or liniment immediately. Wash with soap and water, and contact your practitioner. Do not use herb topicals for any use other than was recommended by your practitioner. Do not use if pregnant or breastfeeding.

