



MUSCLE COOLER

肌腱降温护理

Relaxes Joints, Tendons & Muscles

放松关节，肌腱和肌肉

Cavalor Muscle Cooler is a cooling gel enhancing tendon and muscle recovery. The active ingredients in the product support the cooling down and recovery process of both your horse and yourself by preventing muscle aches and stiffness

Cavalor Muscle Cooler 是一种具有降温功效的凝胶，可促进肌腱和肌肉恢复。产品中的活性成分通过防止肌肉酸痛和僵硬，来支持您的马匹和您自己的冷却和恢复过程。

WHAT HAPPENS TO THE TENDONS DURING EXERCISE? 运动期间肌腱会发生什么变化?

Tendons are rigid structures that constitute the connections between muscles and bones. The tendon itself cannot expand or shrink. Movement is caused by the muscle that the tendons are attached to. During acute overexertion or overstretching, the tendon is damaged. Other causes can be a kick from another horse or tapping one leg with the other. When tendons are damaged, antibodies are transported in fluids, causing a visible fluid accumulation. This process, however, will also damage healthy tissue. To prevent further tendon damage, it can be useful to slow down this natural healing process, without impeding it.

肌腱是构成肌肉和骨骼之间连接的刚性结构。肌腱本身不能扩张或收缩。运动是由肌腱附着的肌肉引起的。在急性过度用力或过度拉伸期间，肌腱会受损。其他原因可能是另一匹马的踢腿或用另一只腿敲击。当肌腱受损时，抗体会在液体中运输，导致可见的液体积聚。然而，这个过程也会损害健康组织。为了防止进一步的肌腱损伤，减缓这种自然愈合过程而不阻碍它是有用的。

The blood supply in tendons is poor compared to other bodily structures. This makes nutrient supply and toxin disposal more difficult, causing a longer recovery. It is therefore in your best interest to tackle tendon injuries as early as possible, or to preemptively support the tendons.

与其他身体结构相比，肌腱的血液供应很差。这使得营养供应和毒素处理更加困难，导致恢复时间更长。因此，尽早解决肌腱损伤或抢先支撑肌腱符合您的最大利益。

WHAT ABOUT THE MUSCLES? 那肌肉呢?

When muscles are not sufficiently prepared for a heavy workout, or when training is more intense than usual, tears can appear in the muscle fibers. The body reacts to this by sending antibodies to the affected areas. This causes an infection reaction. When there is muscle damage, substances are released that activate muscle nerves. This causes muscle aching and stiffness. Muscle aching usually sets in about 12 hours after the workout, and is at its worst after roughly 24-48 hours. The muscle fibers recover from the acute damage after 3-4 days, but can sometimes take up to 4-6 weeks to truly fully recover and emerge stronger. By accelerating the muscle recovery process, new heavy efforts can be done earlier as well. That is why it is advisable to use Cavalor Muscle Cooler at events that last several days.

当肌肉没有为剧烈运动做好充分准备，或者训练比平时更激烈时，肌肉纤维中可能会出现撕裂。身体通过向受影响的区域发送抗体来对此做出反应。这会引发炎症反应。当出现肌肉损伤时，会释放激活肌肉神经的物质。这会导致肌肉酸痛和僵硬。肌肉酸痛通常在锻炼后约 12 小时内出现，并且在大约 24-48 小时后最严重。肌肉纤维在 3-4 天后从急性损伤中恢复，但有时可能需要长达 4-6 周才能真正完全恢复并变得更强壮。通过加速肌肉恢复过程，新的重体力训练也可以更早完成。这就是为什么建议在持续几天的活动中使用 Cavalor Muscle Cooler 的原因。

COOLING DOWN, ESSENTIAL FOR HEALTHY TENDONS & MUSCLES

冷却，对健康的肌腱和肌肉至关重要

Just as it is with warming up, cooling down should be an essential part of every training. The muscle metabolism that is set in motion needs time to settle down again. Finish your training or effort with a 10-minute low-intensity trot. This ensures that the built up lactic acid can be broken down again. It is important to cool the legs properly afterwards. Cooling with water or ice is essential because this reaches all the way into the tissues beneath the skin.

就像热身一样，冷却应该是每次训练的重要组成部分。运动中的肌肉新陈代谢需要时间再次稳定下来。以 10 分钟的低强度小跑结束您的训练或努力。这确保了积聚的乳酸可以再次被分解。之后适当地冷却腿部很重要。用水或冰冷却是必不可少的，因为它会一直渗透到皮肤下的组织中。

Cooling reduces swelling, but it can also help with quick pain relief as it desensitizes the nerves that conduct pain.

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EFFECTIVE NATURAL 天然有效

Cavalor Muscle Cooler was formulated to optimally support the recovery phase with its combination of several essential oils, each with their own specific purpose

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The combined effect of these essential oils creates a synergetic cooling effect, relaxing the muscles and fighting pain. An optimal cooldown combined with the use of Cavalor Muscle Cooler expedite recovery and prevent injuries, so that horse can go back to performing at a top level faster than ever.

这些精油的综合作用产生协同冷却效果，放松肌肉和对抗疼痛。最佳冷却时间与使用 Cavalor Muscle Cooler 相结合可加快恢复并防止受伤，从而使马匹可以比以往更快地恢复到最高水平。

CAVALOR MUSCLE COOLER

Directions of Use 使用说明

Cavalor Muscle Cooler can be used to treat muscles and tendons in the legs, but also in the back. Massage the skin with a thin layer of Cavalor Muscle Cooler after training.

Bandages can be safely used in combination with Cavalor Muscle Cooler. Cavalor Muscle Cooler doesn't just apply to your horse - the rider's muscles and tendons deserve just as much attention after training. Massage the affected area with a thin layer of Cavalor Muscle Cooler after workout to prevent muscle stiffness the next day

Caution: Do not use Cavalor Muscle Cooler on infected or bruised skin. For external use only.

Cavalor Muscle Cooler 可用于治疗腿部的肌肉和肌腱，也可用于治疗背部的肌肉和肌腱。训练后用一层薄薄的 Cavalor Muscle Cooler 按摩皮肤。绷带可以安全地与 Cavalor Muscle Cooler 结合使用。Cavalor Muscle Cooler 不仅适用于您的马匹 - 骑手的肌肉和肌腱在训练后也同样值得关注。锻炼后用一层薄薄的 Cavalor Muscle Cooler 按摩患处，以防止第二天肌肉僵硬。注意：请勿在受感染或瘀伤的皮肤上使用 Cavalor Muscle Cooler。仅限于外用

Description 产品描述 Blue-transparent gel 蓝色透明凝胶

Packaging & Storage 包装& 储存

Keep out of reach of children. 远离儿童。