

WHAT WORKS FOR PAIN

OVER THE COUNTER MEDICATIONS

ACETAMINOPHEN,
IBUPROFEN,
DIPHENHYDRAMINE



Ideal for short term situations like acute injury or after surgery

- + Allows for alternating solutions: relief is never more than 3 hours away
- Always check with your physician first
- Recommended for 4 days or fewer

Acetaminophen <i>for pain</i>	15mg/kg ~7mg/lb	every 4 hours ≤ 4 x day
Ibuprofen <i>for pain</i>	10mg/kg ~5mg/lb	every 6 hours
Diphenhydramine <i>for insomnia</i>	25mg	once nightly

NATURAL/HERBAL



Ideal for chronic pain and inflammatory conditions.

ORAL: MAGNESIUM, TURMERIC (CURCUMIN), DEVIL'S CLAW ROOT, BUTTERBUR, BOSWELLIA, GINGER EXTRACT, OMEGA-3 & OMEGA-6 FATTY ACID, MELATONIN, S-ADENOSYLMETHIONINE

TOPICAL: CBD, CAPSAICIN/CAPSICUM, ANALGESIC CREAM, CAMPHOR, MENTHOL, COMFREY, WILLOW BARK (CONTAINS ASPIRIN)

- + Few side effects
- + Growing body of research
- Often require days to weeks to be effective
- May be condition-specific
- Need to check for interactions
- Preparations can vary

Magnesium	250-500 mg/day
Boswellia	300mg 3 x day
Ginger extract	2-4 x day
Camphor/ Menthol	Do not combine with ice

PHYSICAL TREATMENTS



Ideal for acute pain, healing from an injury or surgery, and many chronic pain conditions

BUZZY® & VIBRACOOOL® (HIGH FREQUENCY LOW AMPLITUDE), MASSAGE, ICE, HEAT, YOGA, BATHS, CHIROPRACTOR, FOAM ROLLER, MECHANICAL TAPE, LOW LEVEL LASER THERAPY, PILLOWS, ULTRASOUND, TENS, COMPRESSION, STRETCHING, TRIGGER POINT DEVICES, WEIGHTED BLANKETS, ORTHOTICS, PHYSICAL THERAPY, SWIMMING, ACUPUNCTURE

- + Variety of options to fit lifestyle & budget
- + Non-invasive, non-addictive
- + Can be combined for greater results
- Varying levels of proven effectiveness between different treatments
- May take combos and experimentation - keep trying!

MIND+BODY SOLUTIONS



Ideal for chronic and acute pain in combination with other treatments

MEDITATION, SLEEP (MELATONIN 3-6 MG 1-2 HOURS BEFORE BED), PUZZLES, HUGS, SUPPORT GROUPS, PERSONAL FAITH PRACTICES, MUSIC, COOKING, DANCE, VIDEOS, HIKING, GAMES, MUSEUMS, SETTING AND ACCOMPLISHING ACTIVITY GOALS (A.C.T.), PROGRESSIVE MUSCLE RELAXATION, COGNITIVE REFRAMING, DEEP BREATHING, AROMATHERAPY, CALM AMBIENCE, GUIDED IMAGERY, VIDEO/PHONE CALLS

- + Sustainable treatment for chronic pain
- + Fosters support systems
- + Nearly infinite variety of distractions
- + More effective than traditional pain therapy for some types of chronic pain
- Requires disciplined mental shift in thinking about pain

Not all treatments or supplements are appropriate for all pain conditions. This list contains evidence-based interventions and physical therapy options evaluated by Pain Care Labs which may not be appropriate for every pain condition. Check with your physician to determine optimal recommendations.