



Official head team physicians to Colorado's professional sports teams and NCAA Division I schools

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Non-Opioid Pain Management Options

Apps:

- *Curable*: mind/body chronic and acute pain app
- *Happify*: Emotional well-being app
- *Headspace*: Mindfulness and meditation app
- *10% Happier*: Mindfulness and meditation app
- Yoga apps (daily yoga, etc)- Free- \$2.99

Supplements:

- Magnesium 250-500mg daily (great for neuropathic pain)
 - Curcumin 500mg BID x 2 months
 - Glucosamine & Chondroitin (can interact with warfarin)
 - Fish oil (or omega 3 supplements) low dose 250-500mg EPA +DHA better than high dose (>2mg)
 - Melatonin- pain, anxiety, and sleep (1-5mg) qhs, (can cause grogginess in elderly)
- **FDA DOES NOT REGULATE ANY OTC SUPPLEMENTS, VITAMINS, HERBALS, ETC****

Topical Medications:

- Ice for inflammatory pain, heating pad for muscular spasm – intermediate layer such as a towel between heat/cold and skin. Max 20 minutes on, then 40 minutes off
- OTC such as ICY Hot, Diclofenac gel 1%, Pennsaid gel (Diclofenac 2%), Topical lidocaine 4% patches (OTC, no Rx required)

Over the Counter medication:

- Tylenol + NSAID scheduled around the clock
- Example schedule: 8am Tylenol 650mg, 11am Ibuprofen 400mg, 2pm Tylenol 650mg, 5pm Ibuprofen 400mg, 8pm Tylenol 650mg, 11pm Ibuprofen 400mg, 2am Tylenol 650mg, 5am Ibuprofen 400mg

Non-medication Devices:

- TENS unit: Most effective as neuromodulation between muscular activation – TENS 7000 unit on Amazon \$26
- Pulsed EMF, ETC: Not enough evidence to justify > \$200-500 expense (some have 60-day return policy)

PAIN TEAM IS AVAILABLE FOR TELE-HEALTH VISITS FOR ANY PATIENTS WITH QUESTIONS OR CONCERNS: 720-848-1970