



MUSCLE & TENDON INJURY

ANTI-INFLAMMATORIES

1

BENEFITS OF USE

- **Less Pain, More Mobility:** NSAIDs reduce pain so you can move better.
- **Balancing Inflammation:** Inflammation is important but needs to be managed.
- **Getting Back to Normal:** Less pain and inflammation help you get back to your activities.



2

NSAIDS

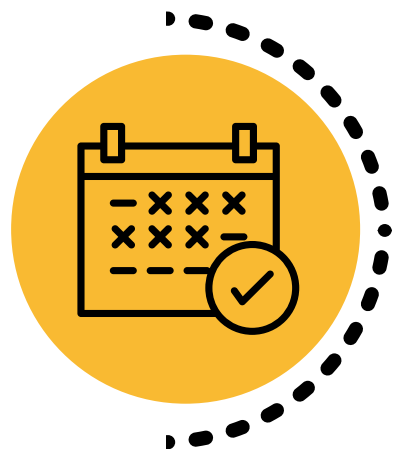
- **Pain Relievers:** NSAIDs help reduce pain and swelling.
- **Common Choices:** You might know ibuprofen (Advil) and naproxen (Aleve).
- **For Tendons:** Topical options like Voltaren are great for tendon pain.



3

PROPER USE

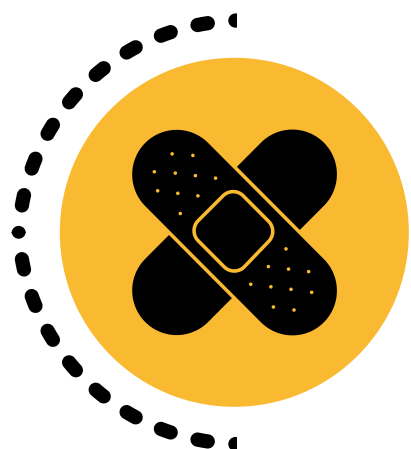
- **Dosage Matters:** Follow the label or your doctor's advice.
- **Protect Your Stomach:** Take NSAIDs with food or milk to avoid stomach issues.
- **Stay Hydrated:** Drink water when using NSAIDs to protect your stomach.
- **Short-Term Only:** They're for short-term use; consult a doctor if the pain lasts over 2-3 weeks.



4

HEALING

- **Inflammation Is Healing:** Local inflammation is a key step in healing.
- **Excess Inflammation:** Continual and excessive swelling interferes with healing and healthy movement.
- **NSAIDS ARE OK:** While there is mixed research, new evidence shows that normal doses in the short term don't interfere with tissue healing.



5

TIPS

- **Stay Consistent:** Keep the medication level steady.
- **Short Term:** Use them for a few days to a few weeks during the acute phase.
- **Watch for Side Effects:** If you feel strange, see your doctor.
- **Try Alternatives:** Consider other treatments like cryotherapy, red light therapy, or PEMF.
- **Rest and Recover:** Follow your rehab plan for a faster recovery.

