

MODALITIES TO TREAT INFLAMMATION

Rx

For inflamed joints, tendons, and muscles, here are some things I'd like you to do at home.

-*Giuliana Venables, D.O.*

Arnica Gel

[Arnica gel](#),* [arnica cream](#)* or [massage oil](#)* could be therapeutic for you too. You can massage it into areas that are sore a few times a day. Besides the area that hurts, most people could use some over their temples, jaw muscles and neck because stress and tension is so common there!



Arnica is an over-the-counter homeopathic remedy.



Oral Anti-Inflammatory Medications

Examples of anti-inflammatories

- Aleve
- Ibuprofen
- Naprosyn

You can take these as needed if you are in acute pain or just engaged in an aggravating activity. Follow the directions on the bottle or message me if you are uncertain of a dose.

I may recommend you take an anti-inflammatory for a certain number of days in a row. This may be necessary to decrease the inflammation and allow your muscles to start behaving properly and not be so over-reactive, irritable, and thus cause you pain.

**Please note, Dr. Venables only provides Amazon Affiliate links to products that she personally recommends. If you purchase a product using one of these links, Dr. Venables may receive a small commission, at no additional cost to you.*

Compression

Often, a simple ace bandage helps. Always start wrapping from the point below the painful area and up toward your body, not going down your leg or arm since you could cause swelling in your foot or hand if you do so.



I may suggest a splint or a brace (see list below) for more specific compression or for compression while you're on the move, but ACE bandages usually do the trick.

[Reversible Wrist Splint \(L/R\)](#)
[Wrist Splint \(L\)](#) [Thin Wrist Wrap](#)
[Wrist Splint \(R\)](#) [Wrist Splint \(L/R\)](#)
[Copper Ankle Sleeve](#)
[Magnetic Ankle Support](#)
[Elbow Strap Brace](#)

Ice

If the area is aggravated and more painful than baseline, ice helps greatly. Apply ice for 20 minutes every one to two hours as needed. Put a thin cloth between the ice and your skin.



Rest

Rest is important for overuse injuries and areas that are irritable and over-reactive. Avoid the activity that triggers it. I may suggest a splint or a brace to decrease motion in that area and give things a chance to relax and heal.



Let's talk about it. Please email me with any questions or if you need a diagram to understand these written instructions. Best of luck!