

Arnica Gel

[Arnica gel](#)*, [massage oil](#)*, or [arnica cream](#)* would be therapeutic for you too. You can massage into areas that are sore a few times a day, even your temples, jaw muscles and neck if stress is causing muscle tension. Arnica is an over-the-counter homeopathic remedy.



It would be a great thing for you to add if you aren't doing this already, once a week or after strenuous activities or stress on your body!

Heat and Ice

- ✦ After workouts, ice helps in inflamed areas.
- ✦ Heating pads help soothe sore and chronically tight muscles.

Other Topical Treatments

CBD Creams: Many of my patients have reported some relief with these. The only one I have tried is this [one](#). It is made by a local person and she is very knowledgeable. I do think this one is effective.

Topricin* (topically): Topricin is a homeopathic remedy that contains arnica in addition to a few others. If you take beta-blockers or anticholinergic medications, let me know before starting this. Use as package directs always.

Menthol: Gels containing menthol such as Dr. Blue and Ice blue soothe pain sometimes. Usually, these provide temporary relief.

Magnesium Spplementation

Add [magnesium citrate](#)* or [magnesium glycinate](#) daily or nightly before bed. That will help with muscle pain, even migraines. Some magnesium formulations are strong laxatives. The two formulations above are not. Here is a [good article](#) on reasons why we could benefit from magnesium supplementation.

Magnesium citrate is a *very mild* laxative. Choose this one if you think your GI tract could use some encouragement. Take 100mg per day or at bedtime for a few days to make sure you aren't having loose stools and increase as tolerated. Magnesium glycinate *is not* a laxative. I recommend 300mg daily or nightly.

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Over-the-Counter Pain Medication

As needed:

- **Option 1:** Ibuprofen 400-600mg every 6 hours on days when pain impedes mobility and performing normal activities. *Do not exceed 2,400 mg in a 24-hour period.*
- **Option 2:** Tylenol 500mg-1000 mg every 4 hours when pain is troublesome. *Do not take more than 4,000mg of Tylenol in a 24-hour period.*

Warnings:



- If your daily intake exceeds 5 days, please stop and notify me. I would like to hear from you if you are in that much pain.
- Please opt for one or the other, not both unless you are in severe pain. You can alternate Tylenol and Ibuprofen if you are in severe pain.
- If you have any liver issues or disease or impaired liver function, do not take Tylenol unless you discuss with your primary care doctor.
- If you have any kidney issues or disease or impaired kidney function, do not take ibuprofen or other NSAIDs unless you discuss your primary care doctor.

If I recommended anti-inflammatories (NSAIDs), i.e. Aleve, Naprosyn, please take as directed on the bottle 2-3 times/day for the number of days I specify. This will, hopefully, decrease the inflammation in the area of concern and allow your muscles to start behaving properly and not being so over-reactive, irritable, and causing pain.

MODALITIES TO TREAT PAIN AND MUSCLE TENSION

Epsom Salt Baths

[Epsom salt](#)* baths are also therapeutic for your muscles and whole-body relaxation.

Self Massage

It would be wonderful for you to get massages from certified massage therapist, but if you don't have access or time to that, these percussion massage guns can be really helpful.



Apply pressure to muscles only at levels 1 or 2. Avoid percussive pressure on your bones.

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