

Tylenol

Tylenol and Motrin

“you could try both at the same time. They are often used in combination..they have additive benefits” Dr. Katz Harvard Medical School



Ice Packs

can help minimize swelling around the injury, reduce bleeding into the tissues, and reduce muscle spasm and pain. ... Ice treatments may also be used for chronic conditions, such as overuse injuries in athletes. Help control inflammation!

Alternatives To Opioids Saves Lives



Lidocaine patch
or Arnica

80 percent of heroin users reported using prescription opioids prior to heroin (Jones, 2013; Muhuri et al., 2013).



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