

Topical Prescription Recommendations

Osteoarthritis

Note: topicals work best in OA of the fingers, thumb, feet and knee cap region

- Use antiinflammatory topical either KetoCam or natural anti-inflammatory (with or without Cetyl Myristoleate). Apply 2x a day
- Use topical Glucosamine Sulfate 10-30% with topical MSM apply 2x a day at times other than the NSAID topical
- Apply both at the joint line

Neuropathic Pain

- Use especially for Carpal Tunnel Syndrome, Ulnar Neuritis, Thoracic Outlet Syndrome, Cervical Radiculopathy, Neuropathy of the foot and/or hands
- Use a gel with NSAIDS, topical anesthetic with NMDA antagonists (Ketamine) and GABA agonists (Baclofen)
- Consider the NPS formulation
- Cost:
 - Use without Neurontin if cost is a big factor. Use with Neurontin if cost less of a factor
 - May use Viscous Lidocaine if cost is a factor as is covered by most insurance plans
 - If cost is a factor may try Topricin homeopathic
- Avoid the sun on areas being treated
- May use Capsaicin for Herpes Zoster
- May use Lidoderm patch for chronic zoster

Tendinitis

- If acute may use topical KetoCam or natural antiinflammatory topical
- May also try Traumeel or Topricin
- If chronic may use combination preparation such as NPS (contains KetoCam)
- May apply the topical to the side of the spine in which the dorsal root ganglia is located for the region

Chronic Spine Pain

- May try Lidoderm patch once per day
- Try Topricin 2-3 times per day
- Try NPS formula 2-3x a day

Chronic Extremity Pain

- Try Topricin or NPS depending on cost
- Apply to the dorsal root ganglia area on the spine if possible