



**STEWART ST. ELIZABETH'S
BONE & JOINT CENTER**
Jennifer Luz, MD
Team Physician Boston Cannons
Sports Medicine
Department of Orthopedics

Dr. Luz Patient Care Information: Over-the-Counter Pain Relief Items and Supplements

- Lidocaine/Salon Pas patches (topical)- use as directed



- Arnica gel (topical)- use as directed



- Tiger Balm (topical)- use as directed



- Capsaicin cream (topical)- use as directed



- 2 tabs Aleve + 2 tabs Extra Strength Tylenol → take 4 pills in combination twice per day



- Glucosamine and Chondroitin- take 1 dose per day



- Omega 3s- 1 dose per day



- Melatonin- up to 10mg nightly as needed for sleep



- Magnesium- 400mg per day



- Vitamin B complex- 1 dose per day



- Vitamin D3- 1000 to 2000iu per day





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Dr. Luz Patient Care Information: Over-the-Counter Durable Medical Equipment

- ☐ **Compression shorts**



- ☐ **Compression calf sleeve**



- ☐ **Elbow counterforce brace**



- ☐ **Cho-pat strap**



- ☐ **Neoprene knee sleeve**



- ☐ **Toe spacers**



- ☐ **Dancer's/metatarsal pad**



Tuli's Heel Cups



- ☐ **Powerstep/superfeet orthotics- Marathon Running Store shoe fitting**



- ☐ **Car seat wedge cushion**



- ☐ **Ischial bursa wedge cushion**



- ☐ **Coccydynia car seat cushion**





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Dr. Luz Patient Care Information: Rehabilitation and Wellness Resources

- Rehabilitation Resources:** www.bostonsportsmedicine.com → For Patients → Rehabilitation Protocols
 - Wrist and elbow strengthening and stretching**
 - http://www.bostonsportsmedicine.com/pdf/protocols/elbow_strengthening_exercises.pdf
 - Knee sports conditioning guide- includes strengthening, plyometrics, agility drills and progressions**
 - http://www.bostonsportsmedicine.com/pdf/protocols/knee_sports_conditioning.pdf
 - Knee strengthening guide- explanations of double and single leg exercises**
 - http://www.bostonsportsmedicine.com/pdf/protocols/knee_strength_training.pdf
 - Patellofemoral syndrome/patellar tendinitis rehabilitation**
 - http://www.bostonsportsmedicine.com/pdf/protocols/patellar_tendinitis_and_chondromalacia.pdf
 - Comprehensive shoulder exercises- range of motion, stretching, strengthening, theraband**
 - http://www.bostonsportsmedicine.com/pdf/protocols/shoulder_exercise_descriptions_for_protocols.pdf
 - Shoulder plyometric program**
 - http://www.bostonsportsmedicine.com/pdf/protocols/shoulder_plyometric_program.pdf
 - Shoulder weight training guidelines**
 - http://www.bostonsportsmedicine.com/pdf/protocols/shoulder_strength_training.pdf
- PRP Information:** https://www.hss.edu/condition-list_prp-injections.asp
- Tenex Procedure Information:** <https://tenexhealth.com/faq/>
- Acupuncture Resources:**
 - Stepping Stone (Wellesley, MA):** <https://www.steppingstoneacu.com/>
 - Kiiko Matsumoto (Newton, MA):** <http://kiikomatsumoto.com/>
 - Community Acupuncture (Brighton, MA):** <https://snapappointments.com/bcacup>
- Wellness Resources**
 - Dr. Janine Pardo: Preventive care, wellness-focused internal medicine:** www.janinepardomd.com
 - Sleep resources:** <http://janinepardomd.com/sleep>
 - Food and nutrition resources:** <http://janinepardomd.com/food>
 - Meditation, mindfulness, and stress management resources:**
<http://janinepardomd.com/meditationmindfulnessstress>
 - Yoga with Adrienne: Free yoga videos for students of various abilities:** <http://yogawithadriene.com/>
 - Yoga at Your Desk:** <http://yogawithadriene.com/yoga-desk/>
 - Yoga for the Spine:** <http://yogawithadriene.com/yoga-for-the-spine/>