



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



- Epsom Salt Soak



- 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





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, Yoga Toes**



- Dancer's/metatarsal pad**



- Tuli Heel Cups**



- Portable Ultrasound (SAM)**



- Powerstep, Superfeet orthotics- Marathon Sports**



- Car seat wedge cushion**



- Ischial bursa wedge cushion**



- Cervical Traction**



- TENS unit**



To schedule an appointment, visit our Sports Medicine website at: semc.org/services-directory/orthopedics/sportsmedicine
BRIGHTON Sports Medicine 736 Cambridge St, CCP9, Brighton, MA 02135 Phone 617-779-6500
CHESTNUT HILL Sports Medicine 822 Boylston St, Chestnut Hill, MA 02467 Phone (617) 396-8866
WESTON Sports Medicine 134 South Ave, Weston, MA 02493 Phone (781) 893-2224



Dr. Luz Patient Care Information: Rehabilitation and Wellness Resources

- Rehabilitation Resources:** <https://www.semc.org/services-directory/orthopedics/sportsmedicine> → Patient information → Rehabilitation Protocols

- 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>
 - Janine Agolia (Natick, MA):** <http://integrativetherapeutics.com/>
 - Peri Ozkur (Newton, MA):** <http://periozkeracupuncture.com/>

- Wellness Resources**
 - Dr. Janine Pardo: Preventive care, wellness-focused internal medicine: sleep, nutrition, massage, yoga specialists:** www.janinepardomd.com
 - Yoga with Adriene: Free yoga videos for students of various abilities:** <http://yogawithadriene.com/>
 - American Medical Society for Sports Medicine: Patient information:** <https://www.amssm.org/PatientsLanding.php>
 - CDC Heads Up: Concussion information for patients:** <https://www.cdc.gov/headsup/index.html>
 - ImpACT Concussion Education: Neurocognitive Testing:** <https://concussioncareresources.com/topic/concussion-education/>

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