

TIPS IN PAIN MANAGEMENT



Low Back Pain

- Education on “return to work” guideline²
- Exercise as per pain location
- Heat therapy²
- Massage therapy²



Osteo-Arthritis

- Personalized physical exercise as per patient preference and abilities⁴
- Weight Loss⁴



Toothache

- Salt water rinsing for toothache³
- Ice therapy³



Ankylosing spondylitis

- Stretching and strengthening exercise⁵
- Whole food diet⁵
- Sound sleep⁵

SHOULD WE ADD MORE DETAILS?
PLEASE SHARE YOUR SUGGESTIONS.

WELLNESS INITIATIVE BY:



In acute painful conditions in adults*

Rx **PainWell**

Aceclofenac 100 mg + Paracetamol 325 mg

2X FASTER RELIEF^{6,7}



First line Treatment of inflammatory and painful processes⁷

- Low back pain (LBP)
- Osteoarthritis (OA)
- Toothache (Odontalgia)
- Ankylosing spondylitis (AS)

- **Significant pain relief within 30 mins vs monotherapy⁶**
- **Best-in-class safety^{6,9}**



Good Manufacturing Practices as per World Health Organisation Standards | *CDSCO. (n.d.). <https://cdsconline.gov.in/CDSCO/Drugs> accessed on 27th Jan 2024.

1. Aziz, I., Whitehead, W. E., Palsson, O. S., Törnblom, H., & Simrén, M. (2020). An approach to the diagnosis and management of Rome IV functional disorders of chronic constipation. *Expert Review of Gastroenterology & Hepatology*, 14(1), 39–46. <https://doi.org/10.1080/17474124.2020.1708718>. | 2. Daniali, M., Nikfar, S., & Abdollahi, M. (2020). An overview of interventions for constipation in adults. *Expert Review of Gastroenterology & Hepatology*, 14(8), 721–732. [doi:10.1080/17474124.2020.1781617](https://doi.org/10.1080/17474124.2020.1781617). | 3. UCSF Health. (2023, May 8). Constipation. [ucsfhealth.org](https://www.ucsfhealth.org/education/constipation). <https://www.ucsfhealth.org/education/constipation> accessed on 11th February 2024. | 4. CDSCO. (n.d.-a). <https://cdsconline.gov.in/CDSCO/Drugs> accessed on 27th Jan 2024 | 5. Aziz, I., Whitehead, W. E., Palsson, O. S., Törnblom, H., & Simrén, M. (2020). An approach to the diagnosis. Mann SJ, Lam JC, Singh P. McKenzie Back Exercises. [Updated 2023 Jul 3]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK539720/>. | 2. Kinkade, S. (2007, April 15). Evaluation and treatment of acute low back pain. *AAFP*. <https://www.aafp.org/pubs/afp/issues/2007/0415/p1181.html>. | 3. Professional, C. C. M. (n.d.). Toothache. *Cleveland Clinic*. <https://my.clevelandclinic.org/health/diseases/10957-toothache>. | 4. Alessandra Bortoluzzi, Federica Furini, Carlo A. Scirè. Osteoarthritis and its management - Epidemiology, nutritional aspects and environmental factors, *Autoimmunity Reviews*, Volume 17, Issue 11, 2018, Pages 1097-1104, ISSN 1568-9972, <https://doi.org/10.1016/j.autrev.2018.06.002>. | 5. Spondylitis Association of America. (2022, November 4). Lifestyle Tips to Optimize Wellness - Spondylitis Association of America - Ankylosing Spondylitis. | 6. Pareek, Anil & Chandurkar, Nitin & Sharma, V & Desai, Mohan & Kini, Seema & Bartakke, Girish. (2009). A randomized, multicentric, comparative evaluation of aceclofenac-paracetamol combination with aceclofenac alone in Indian patients with osteoarthritis flare-up. *Expert opinion on pharmacotherapy*. 10. 727-35. [10.1517/14656560902781931](https://doi.org/10.1517/14656560902781931). | 7. Iolascon, G., Giménez, S., & Mogyorósi, D. (2021). A review of Aceclofenac: Analgesic and Anti-Inflammatory Effects on Musculoskeletal Disorders. *Journal of Pain Research*, Volume 14, 3651–3663. <https://doi.org/10.2147/jpr.s326101>. | 8. Ayoub, S. S. (2021). Paracetamol (acetaminophen): A familiar drug with an unexplained mechanism of action. *Temperature*, 8(4), 351–371. <https://doi.org/10.1080/23328940.2021.1886392> is and management of Rome IV functional disorders of chronic constipation. *Expert Review of Gastroenterology & Hepatology*, 14(1), 39–46. <https://doi.org/10.1080/17474124.2020.1708718>. | 6. Team, C. B. M. (n.d.). Sodium picosulfate: Indication, Dosage, Side Effect, Precaution | MIMS Philippines. <https://www.mims.com/philippines/drug/info/sodium%20pico%20sulfate> | 7. Mueller-Lissner, Stefan MD1; Kamm, Michael A MD2,3; Wald, Arnold MD4; Hinkel, Ulrika RPh5; Koehler, Ursula PhD5; Richter, Erika6; Bubeck, Jürgen PhD5. Multicenter, 4-Week, Double-Blind, Randomized, Placebo-Controlled Trial of Sodium Picosulfate in Patients With Chronic Constipation. *American Journal of Gastroenterology* 105(4):p 897-903, April 2010. | DOI: 10.1038/ajg.2010.41.

