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Sent: Monday, 15 July 2013 1:20 PM
To: Steve
Subject: PHYSIO4ALL E-News: Should We be ANTI-Inflammatories?

Learn about Anti-Inflammatories!! PLUS Special Offer - 10% OFF Voltaren Emulgel!!!

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PHYSIO4ALL E-News

Should We be **Anti**-Inflammatories?

- [What are anti-inflammatories?](#)
- [When to use?](#)
- [How much is too much?](#)
- [YouTube Video](#)
- [Special Offer!](#)

What are anti-inflammatories?

- Anti-inflammatories are better known as a group of drugs called NSAIDs
- Common types: Voltaren, Nurofen, Aspirin, Advil, Celebrex, Mobic
- They disrupt the chemical process that occurs during cell damage that leads to inflammation in that area
- This is useful if the area of damage is large enough for the inflammation to start to occlude blood flow
- However there is now evidence that for minor muscle tears NSAIDs may delay



- There also seems to be widespread overuse and over prescription of NSAIDs

When to use?

- NSAIDs can be effective for symptomatic relief but rarely treat the cause of any pain
- NSAIDs are appropriate for joint injuries or bursal swelling:
 - Sprained ankles
 - Joint injuries
 - Acute back and neck pain
- NSAIDs are **NOT** appropriate for:
 - Minor muscle tears
 - Chronic tendon injuries
 - Elite and Amateur athletes in training
 - Pre-event or competition use
- Inappropriate use can delay or prevent healing, lead to severe side effects and mask underlying conditions



How much is too much?

- Follow medical advice!!! Your physiotherapist will direct you to whether it is appropriate for your condition, how much to take and for how long.
- When purchasing be aware of the possible side effects and interaction with other medication
 - Common are gastrointestinal upsets
- Long term use (more than 3 months) can lead to gut, kidney, liver and cardiovascular problems



Speak to our physiotherapists today on advice on NSAIDs, or about any concerns. Give us a call on 9922 2212!



Check out our latest YouTube video:
[Physiotherapy North Sydney: Thoracic Rotation Exercise using Foam Roller](#)

PHYSIO4ALL ANNOUNCEMENTS

SPECIAL OFFER!!

Call us on 9922 2212 and mention this email for **10% OFF Voltaren Emulgel!! Only until 30th June, 2013.**



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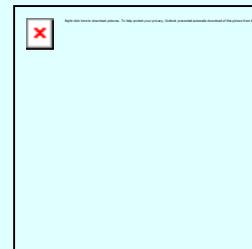
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