

# Pain Management Protocol

## **Osteoarthritis Knee / Hip / Shoulder IA:**

Traumeel

Zeel

1 Vial of Traumeel + 1 Vial of Zeel together  
(Total 2 Vials) + 2 CC of Lidocaine = total 6  
CC, once a week for 3 weeks

If the results are not satisfactory after the 2nd  
injection then add 1 more vial of Zeel, (1 Vial  
Traumeel + 2 Vials Zeel + 2 CC Lidocaine)  
= total 8 CC.

## **Soft Tissue Trigger Point:**

Traumeel

Spascupreel

1 Vial of Traumeel + 1 Vial of Spascupreel  
Together (total 2 vials) + 1 CC of Lidocaine =  
total 5 CC, 1 CC per tender point in 5 points

If the result is not satisfactory after the 1st  
injection then add 1 more vial of Spascupreel,  
(1 vial Traumeel + 2 Vials of Spascupreel + 2 CC  
of Lidocaine) = Total 6 CC.



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