



TOPICAL* MEDICATION
FOR CERVICAL AND LUMBAR-SACRAL ARACHNOIDITIS (ARC)

Every person with ARC or AA of the cervical and/or lumbar spines needs to experiment with topical medication. On average, you can expect 10 to 25% additional pain relief plus the potential to permanently reduce your pain.

RATIONALE: Medication applied and massaged into the skin may dissolve through the tissues to the inflamed or damaged tissue area and provide healing and pain relief. Sometimes topical medication will reach the damaged area while some medications taken orally or by injection will not reach the target area.

MEDICATIONS TO TRY

1. Salonpas® patch
2. Lidocaine gel or patch
3. Voltaren gel
4. Diclofenac (prescription needed)

*Topical means on the skin – applies to all spinal canal inflammatory disorders

STEPS FOR POTENT TOPICAL RELIEF

1. Identify your favorite cold cream or lotion
2. Crush and mix one of the following into one ounce of the cream/lotion:
 - a. Prednisone 10 mg
 - b. Medrol® (methylprednisolone) 8 mg
 - c. Soma® (carisoprodol) 350 mg
3. Massage over your painful areas (neck, back)
4. For enhanced results:
 - a. Add 2 capsules of powdered magnesium to 1 ounce of cream
 - b. Add 1 teaspoon of liquid or gel DMSO to each 2 ounces of cream
 - c. Massage in the medication, and then apply a heating pad, hot towel, or rub with an infrared device.

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