In all cases, use physiotherapy where possible. Do not mix NSAIDs. Consider PPI (Lansoprazole etc) when using NSAIDs. Local formularies should be consulted for dosing.

We are NOT stating that opioids should never be used in clinical practice - we advocate a multimodal analgesic technique to manage pain, in order to reduce opioid use.

CHECK ALL DRUG DOSES IN A FORMULARY & SEEK SENIOR GUIDANCE.

THIS IS NOT A FORMULARY. ALWAYS ADHERE TO LOCAL CLINICAL GUIDELINES.