



## Frequently Used Compounds

### SPORTS MEDICINE

*\*Not an all-inclusive list; examples only of more common formulations. Does not represent full compounding capabilities. New, custom and physician-specific formulations are encouraged.*

<u>Problem</u>	<u>Options</u>
Muscle, Bone or Joint Inflammation and Pain	Combination of any of the following NSAIDs: <ul style="list-style-type: none"> <li>▪ Ketoprofen 10% - 20%</li> <li>▪ Ibuprofen 2.5% - 20%</li> <li>▪ Piroxicam 0.1% - 5%</li> </ul>
Muscle Spasms & Cramping	Combination of any of the following muscle relaxants: <ul style="list-style-type: none"> <li>▪ Cyclobenzaprine 0.5% - 2%</li> <li>▪ Baclofen 2%</li> <li>▪ Guaifenesin 10%</li> <li>▪ Magnesium Chloride 10%</li> </ul>
Chronic Neuropathic Pain	Combination of any of the following neuropathic agents: <ul style="list-style-type: none"> <li>▪ Ketamine 1% - 10% (NMDA antagonists)</li> <li>▪ Gabapentin 6% (glutamate antagonists)</li> <li>▪ Amitriptyline 2% - 5% (sympatholytic)</li> <li>▪ Clonidine 0.1% - 0.2% (alpha-2 agonist)</li> <li>▪ Carbamazepine 2% - 5% (NMDA sodium channel blocker)</li> </ul>
Cartilage Deterioration	Combination of any of the following: <ul style="list-style-type: none"> <li>▪ Glucosamine 10%</li> <li>▪ Chondroitin 10%</li> <li>▪ MSM (dimethyl sulfone) 10%</li> </ul>
Immediate relief of pain	Combination of any of the following anesthetic agents: <ul style="list-style-type: none"> <li>▪ Lidocaine 2% - 10%</li> <li>▪ Tetracaine 2% - 10%</li> <li>▪ Bupivacaine 0.5% - 0.75%</li> </ul>
Support of Physical Therapy	<ul style="list-style-type: none"> <li>▪ Dexamethasone 4mg/ml Iontophoresis Solution</li> <li>▪ Lidocaine 4% Iontophoresis Solution</li> <li>▪ Hydrocortisone 10% Phonophoresis (Ultrasound) Gel</li> </ul>

Benefits of transdermal application include a more concentrated, localized effect of active ingredient at site of injury, bypass GI metabolism and avoidance of GI distress.