Remedy Wheel of Hope

Non-Prescription

Aleve

Tylenol

CBD

Ultrasound-Guided Injections

Viscosupplements Cortisone

Prolotherapy

Biologic/ Regenerative

Stem Cell, PRP, A2M

External Pain

Relievers

Ice/Heat,

TENS,

Massage

Ice/ Heat

Ice/ Heat

Physical Therapy

Acupuncture

Chiropractic

Physical Aids-

Incrediwear

Braces

Walking Sticks

Supplements

Curcumin

Magnesium Flavonoids

Dietary Modifications Reduced Gluten, Dairy, Sugar