



WeCare Neurology

Dr. DhruPAD Joshi, DO

6833 Indiana Ave, Ste 101, Riverside, CA 92506

www.wecareneuro.com

Ph: (909) 255-6518

Non-Pharmacologic treatments for Neuropathic Pain.

Pain is the sum of painful sensation, affect and our cognition. Unfortunately, treatment of pain will not help regenerate nerves. Even alternative treatments can have costs, side effects, and interactions with medications. Speak to your doctor before starting any of these.



Options

Spinal modulation of pain – like rubbing your arm when you bump it into something, these methods trick the brain to feel pain less.

- Compression stockings, tight socks

- Kinesio tape, Foot massage/reflexology

Vibrating warm water foot bath – caution – always measure water temperature before submersion to prevent burns (remember neuropathy may cause you to be less sensitive to temperature)

Warmth – improves blood flow to the feet, soothes pain

- Warm socks (caution with heat)
- Ben Gay cream – try a small spot on your skin first because can very rarely cause burns

Electricity – stimulates the surface of the skin - TENS unit

Behavioral therapy - treatment of depression/anxiety that improves perception of pain

- A qualified psychologist can help you with mindfulness-based stress reduction, cognitive behavioral therapy, relaxation therapy, or biofeedback
- Meditation

Acupuncture – use a reliable practitioner that uses disposable needles to reduce risk of infection

Medicated creams/sprays –

OTC: lidocaine patch, benzocaine spray – caution in people with heart problems, arrhythmias, seizures – use on small areas only to minimize absorption

- Rx: isosorbide dinitrate spray – one spray to each foot before bed

Nutraceuticals

- Alpha-lipoic acid 600mg daily – antioxidant
- Acetyl-L-carnitine 1000mg daily
- CBD cream

BEWARE – these do not work and may hurt

- “chelation therapy of heavy metals” - can cause kidney damage
- B vitamin complexes – Vitamin B6 overdose can cause neuropathy
- surgery