



**MOTION *IS*
MEDICINE**
SPORTS MEDICINE

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ARTHRITIS PRESCRIPTION

Mainstay of treatment: **EXERCISE** and **WEIGHT LOSS**

- For each kg of weight lost, the knee will have fourfold reduction in load during daily activities
- Walk 1000 steps in 10 minutes, build toward at least 3000 steps in 30 minutes to increase strength & flexibility, decrease arthritic pain
- Exercises other than walking: tai chi, swimming, aquatic aerobics, biking, elliptical, yoga

Bone & Joint Nutrition:

- | | |
|--|--|
| <input type="checkbox"/> Glucosamine (hydrochloride or sulfate) 1500mg/day | <input type="checkbox"/> Celadrin 350-500mg 3x/day |
| <input type="checkbox"/> Chondroitin 800-1000mg/day | <input type="checkbox"/> Fish oil (omega-3 fatty acids; EPA/DHA) 300-1000mg 1-3x/day |
| <input type="checkbox"/> MSM (methylsulfonylmethane) 1000-3000mg/day | <input type="checkbox"/> Vitamin C 1000-2000mg/day |
| <input type="checkbox"/> Microlactin 2000mg/day x 10 days, then 1000mg/day | <input type="checkbox"/> Vitamin D 2000-5000 IU/day |
| <input type="checkbox"/> Collagen hydrolysate 1000mg/day | <input type="checkbox"/> Calcium 800-1200mg/day |
| <input type="checkbox"/> Bromelain enzymes 250-2000mg/day | <input type="checkbox"/> Magnesium oxide 400mg/day |
| <input type="checkbox"/> Boswellia serrata 1000mg/day | <input type="checkbox"/> Vitamin K 90mcg/day |
| <input type="checkbox"/> Ginger extract 500-1000mg/day | <input type="checkbox"/> Tart cherry extract 400-1200mg/day |
| <input type="checkbox"/> S-AdoMet (S-adenosylmethionine) 200mg 1-2x/day | <input type="checkbox"/> Avocado-Soybean unsaponifiables (ASU) 300mg/day |
| | <input type="checkbox"/> Turmeric (Curcumin) (formulated/bioavailable) 1000mg/day |

Other interventions:

- Acupuncture
- Biomechanical corrections for malalignment (foot, ankle, knee, hip)
 - correct with functional strengthening
 - proper fitting shoes and orthotics
- Taping (ie: patellar taping)
- Bracing (ie: valgus unloader) 