Pain Management on the Sideline
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Objectives;
At the end of this presentation, participants should understand
1) Pros and cons for **game day pain management** decisions
2) What is ok and not ok to consider on the sideline
3) This team physician’s perspective

Considerations
- What you are using to treat the pain?
  - NSAID’s
  - Acetaminophen
  - Narcotics
  - Other
- Are you injecting? If so
  - Where are you injecting?
  - Why are you injecting it?
  - Who are you injecting?
- Same questions no matter the mode of pain treatment modality (oral, transdermal, injectable)

Goals
- First do no harm
- Treat the patient
- Reduce pain; know the half-lives of the medications you are using
- Enable / enhance performance
- Enhance recovery

Risks
- It doesn’t work
- It makes the situation worse
• Infection & other complications
• Side effects
• More significant injury

This team physician’s bias
• What I’ll use, what I don’t (with exceptions)
• What I’ll inject, what I won’t

References


