

Recommendations For Myofascial Component to Pain

Patient Sticker Here

Date: _____

Weight (kg): _____ kg

Allergies: _____



Muscle Health Supplements

☐

MAGNESIUM BISGLYCINATE (dosed as elemental magnesium)

Start: **100 mg** by mouth **TWICE a day** or **200 mg** by mouth **ONCE a day**.

☐ Increase gradually to 300 mg TWICE a day (*for weight <40kg*).

☐ Increase gradually to 400 mg TWICE a day (*for weight >40kg*).

☐ Increase gradually to 600 mg TWICE a day (*for weight >60kg*).

**See suggested titration calendar on back of page.*

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VITAMIN K2 – D3 (comes as a combination or can take separate)

Vitamin K2 - 200 mcg / Vitamin D3 - 2000 units by mouth **TWICE a day**.

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OMEGA 3

1 capsule (~1000 mg of EPA and DHA combined) by mouth **ONCE a day**.

Select the product with the highest DHA and EPA concentrations.

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LIPOSPHERIC VITAMIN C

1000 mg by mouth **ONCE a day** – take for **1 month only**.

Take first thing in the morning and wait 15-30 minutes before taking food.



Mind & Body

- **DAILY PACED** physical therapy and gentle muscle stretches, supervised by a **physiotherapist**.
- **WEEKLY** massage by a **registered massage therapist** (RMT).
- **MIND-BODY** techniques to help with pain, supervised by a **psychologist**.
- Healthy **NUTRITION**.
- Practice **HEALTHY SLEEP HABITS** (sleep hygiene).



Follow-Up Appointment

- The CPS booking clerk will contact you to confirm your next appointment.
- Bring **shorts** and **supplements** to all in-person appointments with the Complex Pain Service.



Resources

- Review mycarepath.ca to find help with sleep strategies and other important self-management techniques.
- If older than 17 years: liveplanbe.ca for adult self-management resources.
- **Pain BC**: call toll-free 1-844-880-PAIN (7246), or email supportline@painbc.ca.

Signed: Dr. G. R. Lauder

Recommendation For Titration

MAGNESIUM BISGLYCINATE (dosed as elemental magnesium)

Target Dose: 300 mg TWICE a day (*for weight <40kg*).

Suggested Titration Schedule

DAY	DOSING REGIMEN	MORNING	EVENING
1	100 mg by mouth twice daily	100 mg	100 mg
2	100 mg by mouth in the morning and 200 mg by mouth in the evening	100 mg	200 mg
3-4	200 mg by mouth twice daily	200 mg	200 mg
5-6	200 mg by mouth in the morning and 300 mg by mouth in the evening	200 mg	300 mg
7+	300 mg by mouth twice daily	300 mg	300 mg

Target Dose: 400 mg TWICE a day (*for weight >40kg*).

Suggested Titration Schedule

DAY	DOSING REGIMEN	MORNING	EVENING
1-2	200 mg by mouth once daily	-	200 mg
3-4	200 mg by mouth twice daily	200 mg	200 mg
5-6	200 mg by mouth in the morning and 400 mg by mouth in the evening	200 mg	400 mg
7+	400 mg by mouth twice daily	400 mg	400 mg

Target Dose: 600 mg TWICE a day (*for weight >60kg*).

Suggested Titration Schedule

DAY	DOSING REGIMEN	MORNING	EVENING
1-2	200 mg by mouth once daily	-	200 mg
3-4	200 mg by mouth twice daily	200 mg	200 mg
5-6	200 mg by mouth in the morning and 400 mg by mouth in the evening	200 mg	400 mg
7-10	400 mg by mouth twice daily	400 mg	400 mg
11-14	400 mg by mouth in the morning and 600 mg by mouth in the evening	400 mg	600 mg
15+	600 mg by mouth twice daily	600 mg	600 mg

MAGNESIUM L-THREONATE (dosed as elemental magnesium)

Suggested Titration Schedule

DAY	DOSING REGIMEN	MORNING	EVENING
1-2	50 mg by mouth twice daily	50 mg	50 mg
3-4	100 mg by mouth twice daily	100 mg	100 mg
5+	150 mg by mouth twice daily	150 mg	150 mg

Magnesium can cause **loose stools and diarrhea**. To help minimize or prevent this, we recommend starting at a lower dose and gradually increasing to the target dose. If at any step of the schedule loose stools or diarrhea occur, remain at that step until stool becomes formed once again. Then continue slowly increasing to the target dose. If loose stool or diarrhea becomes intolerable, move a step back and remain at that step until stool becomes formed once again. Ideal stool consistency is soft but formed (smooth like a sausage).



Muscle Health
Supplements

Sourcing the Muscle Health Supplements

Disclaimer: The Complex Pain Service does not recommend any specific brands or products for nutraceutical supplements. As the consumer you are free to select whichever products work best for you from wherever you choose. However, given that Natural Health Products are not regulated in the same way as medications, the following are some nutraceuticals that appear to have pure ingredients for what is being recommended, are from Canadian companies and/or that former patients and families have had a positive experience with. The Complex Pain Service does its best to update this list as often as possible, however, please be aware that nutraceuticals and supplements being sold on the market change frequently. Finally, if you have found a product that has worked well for you, let the Complex Pain Service know and we can add it to this list to inform our future patients and families. Thank you!

Magnesium Bisglycinate

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Vitamin K2-D3



Vitamin K2



Omega 3



Liposomal Vitamin C

