

Week 3:

## **Proper Use of Non-Steroidal Anti-Inflammatories (NSAIDS)**

The chronic use of non-steroidal anti-inflammatories (NSAIDS) can be detrimental for athletes. Not only can they cause GI and/or kidney complications, but can hinder the healing process (as the inflammatory process is the first stage of healing). These recommendations should be considered when contemplating the use of NSAIDS for an injury, “In all cases, if chosen, NSAID treatments should always be kept as short as possible and should take into account the specific type of injury, the level of dysfunction and pain” ([\*Annals of Physical and Rehabilitation Medicine, Volume 53, Issue 4\*](#), May 2010, Pages 278-288).