



**Bradley C. Daily, M.D.**  
**Byron L. Grauerholz, M.D.**  
**Gary L. Harbin, M.D.**  
**Todd M. Herrenbruck, M.D.**  
**Jeffrey L. Horinek, M.D.**  
**Michael J. Johnson, M.D.**  
**Levi W. Kindel, M.D.**

Jennifer L. Alexander, APRN  
Eric Jusko, PA-C, ATC  
Lindsay Newton, PA-C  
Amber Sawyers, PA-C, ATC

## **Aleve/Tylenol Regimen**

**Aleve (Naproxen Sodium) 220mg**

1-2 tablets twice daily

**Tylenol Extra Strength 500mg**

~ OR ~

**Tylenol Arthritis 650mg**

1 tablet with each meal and 1 at bedtime  
If needed.

**Motion, Motion, Motion**

- 1. Bicycle**
- 2. Swim**
- 3. Walk**



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