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### ***Nitroglycerin patch protocol:***

Nitroglycerin patches have traditionally been used for heart conditions, but can also be helpful for some chronic tendon injuries (ie: tennis elbow, Achilles tendonitis, patellar tendonitis, etc.). Some patients develop side effects including: headache, lightheaded, and dizziness. The patch can be cut in  $\frac{1}{2}$  or even  $\frac{1}{4}$  (depending on the patient's symptoms). Apply the patch directly to the point of *maximal tenderness* of the injured area. Most people wear the patch *3-6 months*.

#### **Protocol:**

Slowly titrate dose of patch as directed. May reduce the dose if side effects occur.

- $\frac{1}{4}$  patch x 12 hours x 1 week
- $\frac{1}{2}$  patch x 12 hours x 2 weeks
- $\frac{1}{2}$  patch x 24 hours x 2 weeks
- 1 patch x 12 hours x 2 weeks
- 1 patch x 24 hours x 2 weeks

