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PLAQUENIL

Trade Mark

SAFE AND PROMISING IN RHEUMATOID ARTHRITIS

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Medical literature available on request.

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FROZEN SHOULDER

HELPING THE PATIENT TO HELP HIMSELF — AND YOU

Unless the patient understands his condition and can co-operate by carrying out exercises correctly from the start, frozen shoulder can be troublesome and persistent. The makers of Algesal Salicylate Cream have prepared a leaflet, with advice from a consultant in physical medicine, which describes the causes, nature and treatment of this condition. A series of simple, non-weight-bearing exercises, for restoration of mobility, are described in the leaflet, which is illustrated here.

Massage with Algesal for the relief of pain and spasm, completes the home treatment of frozen shoulder, which responds once the patient has learned to co-operate in doing the exercises regularly.

Other leaflets in this series deal with osteoarthritis of the knee, lumbo-sacral strain, and painful foot strain. They can be had on request, together with samples of Algesal, from E.G.H. Laboratories.

Algesal

10% diethylamine salicylate in a soothing vanishing cream

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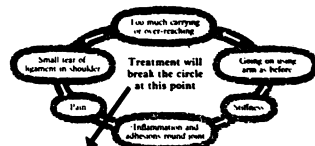
Notes for M.

Frozen Shoulder

The pain and stiffness in your shoulder are due to a small tear of one of the ligaments which hold the joint together. It is a form of rheumatism caused by injury or strain. It is not arthritis and it is not dangerous. It is important to realise that the pain is causing the loss of free movement, and not the other way round.

Treatment is therefore designed *firstly* to relieve the pain, and *secondly* to restore full movement by simple exercises which are explained on the other side of this leaflet.

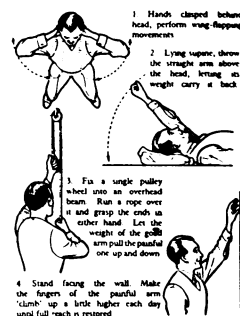
This circular diagram explains the sequence of events which will keep your shoulder stiff and painful unless you carry out the treatment properly:



- (1) Rest the arm and shoulder for a few days.
- (2) Massage with a soothing cream to relieve the pain. Tablets may also be ordered, and if the pain is very bad, an injection may have to be given.
- (3) Special exercises to stretch the adhesions and restore full movement without causing further injury to the ligaments.

Exercises for relief of stiffness in frozen shoulder

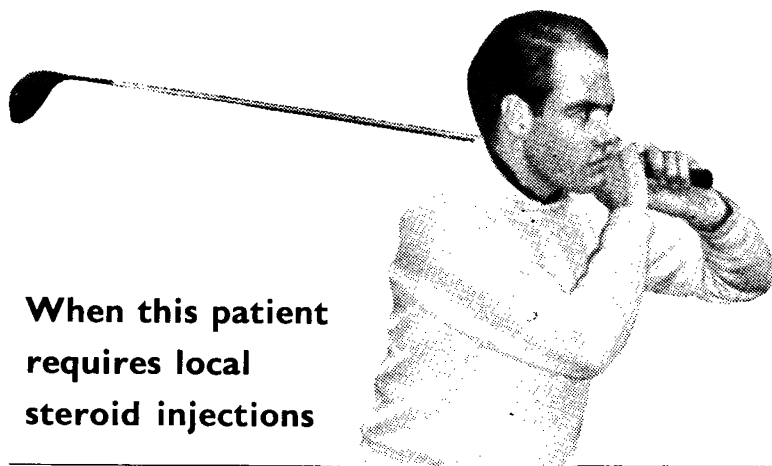
These must be performed conscientiously
several times a day.



INDICATIONS

Fibrositis or muscular rheumatism, osteoarthritis, tenosynovitis, lumbo-sacral strain and local tissue pain after injury or exercise.

Algesal is prescribable on Form E.C.10, basic N.H.S. price 2/8½ per tube inc. P.T.



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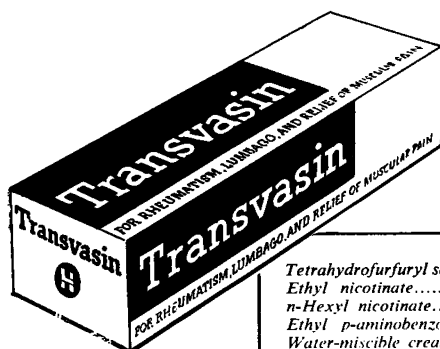
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**Therapeutische Umschau*
1952, 8, 143.

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n-Hexyl nicotinate.....	2%
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Water-miscible cream base ad.....	100%

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*International Congress on Rheumatic Disease.
Toronto, Canada, 1957.*

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tasteless Tablets
each 0.25 G. RESOCHIN
in bottles of 100



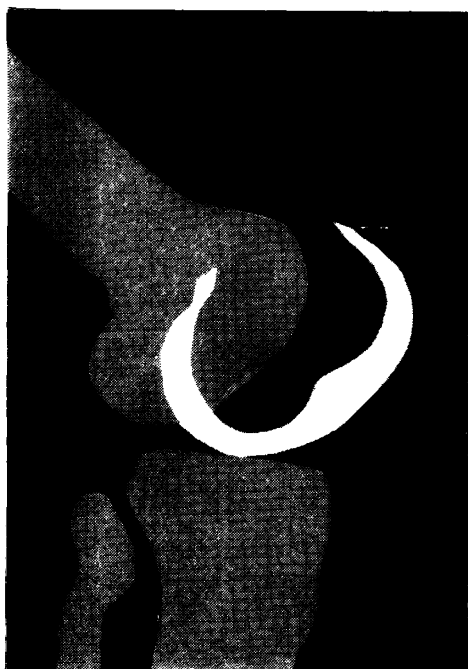
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PRESENTATION:
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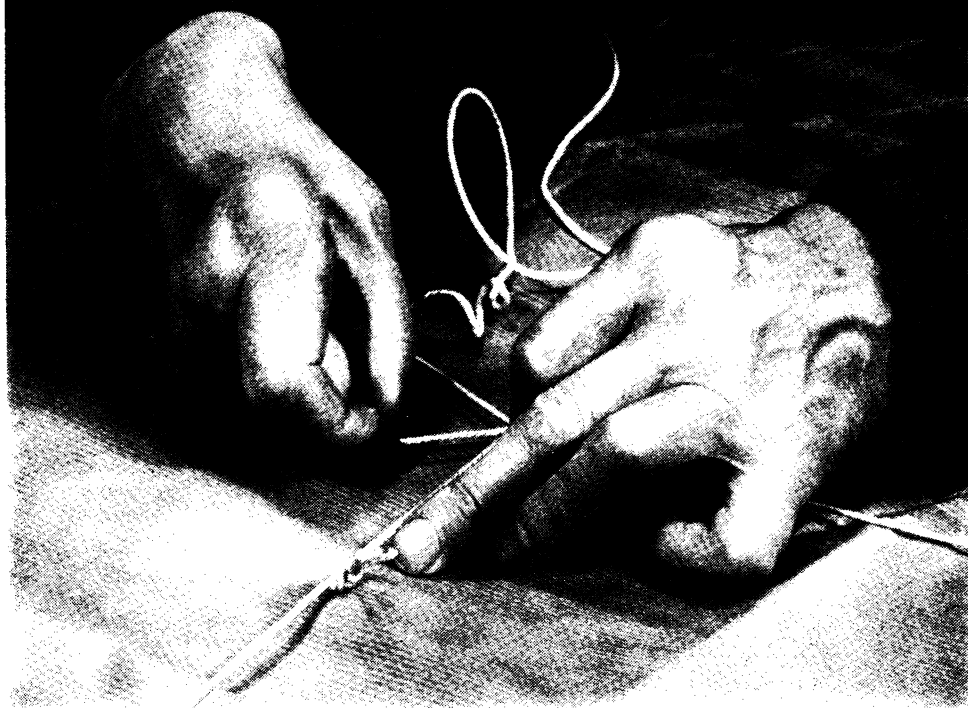
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Rheumatoid disease



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Long-term trials indicate that results are as good as those produced with other forms of therapy — with little risk to the health of the patient. The treatment is free from serious side effects.

'Avloclor' is the British-manufactured Chloroquine Phosphate B.P. One or two tablets a day is a typical dose. 'Avloclor' is

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