

A Summary of Patient Series Using New OTC Pain Medicine HEMPCIN: An Office-Based Experiential Review

This independent clinical trial indicates the effectiveness of this new topical analgesic.

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Our podiatry practice is a typical office-based practice in the greater Miami area, with a widely distributed demographic and socio-economic patient population. Our practice is non-specialized but we have a very strong focus on pain management and we see a substantial number of foot/heel pain cases. Because of this fact, we have been seeking non-invasive topical products that use natural ingredients and that offer good efficacy. After reviewing many products, we found HEMPCIN—a topical that uses menthol, hemp



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extract and other natural analgesics in a pleasant cream base. We began using this product on our difficult cases and found it to be tremendously helpful. We then embarked on a formal observational study to assess its merits in a wide variety of patients from November 2022 to April 2023.

Methods

A total of 16 patients with documented foot pain were followed in our practice for a period of 6 months. Patients ranged in age from 23 to 80 years old, with a mean age of 60. No other pharmaceutical treatments were provided; however, their existing prescription medicines and non-pharmaceutical treatments (supports/orthotics, etc.) were maintained during the study period.

During the course of the study period, patients were instructed to use HEMPCIN every 4-6 hours or as needed. Patients were further instructed to maintain their use of orthotics or other devices that we had previously prescribed. Patients were seen at baseline, and on average 45 days after

start of treatment for evaluation and scoring, using both visual analogue and numeric pain rating intensity scales.

Results

Of the 16 patients treated with HEMPCIN in our practice, 12 out of 16 (75%) reported experiencing pain relief reduction of greater than 50%, with an average reduction in pain intensity for the responders of 78% or a 5 point decrease in pain. Four of the 16 patients received minor benefit or no benefit from the product but they elected to continue using the therapy, which we believe is a plus. Taken as a group of 16, the response rate was 60%

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New Concepts and Studies

“Clinical Innovations” is PM’s ongoing series of articles dedicated to introducing new concepts, technologies and studies to the podiatric community. Readers should be aware that Podiatry Management does not specifically endorse any of the technologies, concepts, or products being discussed.

TABLE 1

Patient Response to HEMPCIN Topical Pain Medication

Pat #	Age	Gender	NRS Start	Days Used	NRS Final	Change	Percent
2	44	F	7	68	0	7	-100%
3	23	F	2.5	60	0	2.5	-100%
6	62	F	8	42	0	8	-100%
12	70	M	5	37	0	5	-100%
4	71	F	7	23	1	6	-86%
1	69	F	8	47	1.5	6.5	-81%
10	71	F	8	39	2	6	-75%
15	37	M	5.5	62	2	3.5	-64%
14	40	M	4	64	1.5	2.5	-63%
8	70	F	7.5	34	3	4.5	-60%
13	80	M	7.5	61	3	4.5	-60%
5	66	F	8	22	4	4	-50%
9	58	F	7	30	6	1	-14%
7	45	F	9	30	8	1	-11%
11	75	M	9	38	9	0	0%
16	74	M	2	60	2	0	0%
MEAN	60		6.56	44.81	2.69	3.88	-60%
				Responder Average	5.00	-78%	

Notes: NRS = numeric rating scale for pain
 Responder average = patients that had => 50% improvement

(baseline mean score = 6.56, follow-up mean score = 2.69), with an average reduction of 3.88 points on the visual analogue scale. Of note, four patients (25%) received complete recovery from HEMPCIN, with two of these patients starting with severe pain levels of over 7. Table 1 summarizes the group demographics, their starting pain scores (NRS Start), days of use before final evaluation and their response with HEMPCIN in our study.

Discussion

Foot and heel pain are a centerpiece of activity for most podiatry practices. However, although there are an abundance of treatment options, we have found that effective OTC topical pain relieving products are lacking and there are few options to treat these persistent and debilitating problems. We became aware of HEMPCIN in 2021 and began using it in our practice—first on difficult cases, and then we slowly began using it for more mainstream cases; and now it is our first line treatment when seeking a topical pain-relieving product, especially for patients who normally would use a topical prescription agent like diclofenac gel. We particularly like that HEMPCIN uses all

natural ingredients and has a pleasant texture and smell. We also find that almost all our patients respond favorably to HEMPCIN with no side-effects, as was evidenced by the results we achieved in the observational study.

Although our small study was limited to only 16 patients, we were quite impressed with this new topical all-natural analgesic HEMPCIN. There were little to no safety issues and the product worked exceptionally well for the vast majority of patients. We believe HEMPCIN offers an excellent alternative to other analgesics. We would highly recommend trying HEMPCIN in your practice and we encourage further evaluations. **PM**



A Miami native, Dr. Cook has been practicing in his hometown for over 30 years. Dr. Cook's surgical specialties include: bunion, tailor's bunion and hammertoe correction, joint replacement, fore-foot reconstruction, trauma, as well as ingrown nail and soft tissue procedures. His practice also includes sports medicine. Dr. Cook attended Ohio College of Podiatric Medicine in Cleveland, where he earned his Doctor of Podiatric Medicine. He is a Board Certified surgeon and a fellow of the American Board of Foot and Ankle Surgeons.