



Homeopathy and Sports Injuries

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Each year there are millions of exercise related injuries, about fifty percent are potentially serious. Many times these injuries result in people having to take time off from work, from their academic studies, or from their professional training regimens. This, of course, leads to loses in the millions of dollars.

The financial effects of these injuries are only a part of the picture. The professional injured athlete may lose the ability to perform at his or her optimum level. The amateur athlete may not be able to maintain their high level of fitness. There can also be mental components to these physical injuries. The athlete may experience depression, lethargy, or a general dissatisfaction with life, potentially affecting the athlete's business as well as their personal lives.

Homeopathy can help! It treats the whole person and not just the injury. Homeopathic remedies speed the recovery of the injury. Remedies can be found at various health food stores. However there are over 6,000 homeopathic remedies and these stores only stock about 30 to 50 of the most common remedies. If the limited number of remedies that are found at local stores do not provide the desired healing on a physical, mental and emotional level it is important to consult a certified homeopath to assist in the road to recovery.

Treating the Whole Person

Homeopathy regards “symptoms” as the body’s attempt to restore balance (homeostasis). A remedy should be chosen that matches the total symptom picture and supports the symptoms rather than opposing or suppressing them, bringing about a healing process. Homeopathy does not ignore the existence of any immediate cause(s), such as injury, infection, or other trauma, but looks more deeply at how the person is attempting to deal with this problem. The idea is to give a remedy that will stimulate the immune system or vital force, reminding the body of how to heal itself.

When an athlete, or for that matter, any individual becomes injured, the normally healthy state of the individual is changed to a new “diseased state” (without ease). This new state can affect the individual on any or all of three levels: physical, mental, emotional. Homeopathy can be used to treat the physical injury by reducing the swelling and bruising, decreasing or eliminating pain, and speeding overall healing. It will also help to restore the mental and emotional balance and overall well being of the individual to a healthy state. If the injury is serious the individual should seek out professional help of conventional medical also. It is important to remember that although homeopathy can speed the healing of a broken bone, that bone needs to be set correctly first. Homeopathy can also not replace torn ligaments, repair a damaged meniscus or regenerate new joints. But it can be truly beneficial in the healing process, and if surgery is needed.

For individuals, not familiar with the variety of remedies available, finding the correct remedy may be challenging. The person may become frustrated and feel that homeopathy has failed. However, it may be that the remedy required is not available at the health store(s) and that the assistance of a certified homeopath is needed. Moreover homeopathy will not help if the maintaining cause of the injury is not removed. The body still needs time to heal. Homeopathy can decrease the amount of time needed, especially after a surgical procedure.

Personal Story

A few years ago I severed a two of tendons in my right hand. I was able to use homeopathy to treat my initial shock and to decrease the initial swelling and bruising. This allowed for faster evaluation of the situation and a shorten time before the necessary surgery could be done. I did not expect homeopathy to repair the tendons. Surgical intervention was needed. I did use homeopathy for the pain after surgery, which enabled me to have a clear head and to avoid the after surgery grogginess and constipation often brought about by conventional pain medications. I also continued to use homeopathy during my recovery, this accelerated the healing process and enabled me to have full use of my right hand again in a fairly short amount of time.

Treat the Patient

Homeopathy treats the person not the disease or the pathology. Therefore it is important to not only evaluate the physical injury but to also note how the person feels and responds to the injury and to the environment. Below are some questions that you should ask and some observations that you need to make in assessing the person and the injury.

How is the injured individual feeling?

What is the quality of their pain, (i.e. sharp, achy, bruised, stabbing, cutting, pressure, electric nerve pain, etc.).

Is there any swelling and or discoloration?

Observe and ask what makes the injury or the person feel better or worse? (Heat, cold, movement, staying still, light, dark, wants consolation, wants to be left alone).

Are the hands or feet of the injured person cold or hot?

Are they thirsty or not thirsty?

Is the person currently on any medications?

Does the person appear happy or depressed?

Is there an abnormal sensitivity to touch?

Does the person appear irritable, weepy, angry, etc?

If there is a serious injury, do they want or refuse help. Does the person keep saying they are okay, when obviously they are not?

Are they restless, fidgety?

Do they have the sensation that soft surfaces (i.e. beds, sofas, chairs) are too hard?

Below are three examples of remedies that can be used for trauma. But each has a slightly different symptom picture. The appropriate remedy can be determined by how the person is reacting to the trauma.

Aconite

1. Has a high state of anxiety after the accident
2. Talks about the fright of trauma
3. Shows intense fear, and restlessness
4. Has intense pain
5. Was chilled before or during the accident
6. Complains about the cold.

Arnica

1. They say they are okay when they are obviously not
2. Refuses help or to seek help
3. They are very sore and bruised on many levels (feels like they have been hit by truck)
4. Does not want to be touched
5. Feels better lying down with his/her feet higher than their head.
6. Good for after surgery for pain and reduction of swelling and bruising.

Bellis Perennis

1. Used for deep trauma to soft tissue
2. Does not want to be touched, but this is more extreme than with Arnica
3. Worse from cold drinks
4. Better with cold applications
5. Worse when warm in bed
6. Good after surgery to soft tissues.

From these examples, you can see the importance of obtaining a full symptom picture of the injury and the individual in order to select the appropriate remedy.

Acute vs. Chronic injuries

An acute injury is an injury that has just happened. Caution is required here because sometimes what appears to be an acute injury is really a reoccurring injury. So be sure to assess this. The injury is chronic if it occurred previously and continues to be a problem. In these cases it is best to consider seeing a certified homeopath for assistance. This is also true if an acute injury just won't improve.

Remedies

Homeopathic remedies are derived from animals, plants or mineral sources, which, unlike powerful drugs, do not produce side-effects. The use of conventional medications and preparations often come with the risk of side effects, and, in some cases, the "cure" is worse than the current condition. Furthermore, homeopathic remedies are diluted and prepared according Hahnemann's principles, in stages, to arrive at 'potencies' to produce the desired benefit without toxicity.

Using Minimum Dose

Another premise of homeopathy called minimum dose, means that the best results are realized by using the least amount of the remedy in order to obtain the needed effects. It is important to remember that the purpose of taking a remedy is to stimulate the body to remember how to heal itself. Excessive repeated dosing with a remedy can exacerbate the very symptoms that it was intended to cure and possibly provoke other symptoms. Use all remedies with care. As a general rule, limit each remedy to one to two or three doses and assess the changes after that. Stop taking the remedy as soon as an improvement begins to be evident. If doubt, contact a certified homeopath.

Taking the Remedy – basic rules

1. Take only one remedy at a time.
2. When the remedy begins to relieve the symptoms, stop taking the remedy. There is no need to repeat the remedy unless the symptoms return.
3. If the remedy has not helped after taking 2-3 doses, a new remedy should be selected.
4. Allow the remedy to dissolve under the tongue in a mouth that is free from taste; 20 to 30 minutes before or after eating, drinking, smoking, or brushing teeth.
5. Do not touch the remedy. Use the lid of the remedy bottle or a spoon, etc. and put the remedy directly into the mouth.
6. Do not store the remedy near strong smelling substances, i.e. liniments, aromatherapy oils, essential oils, perfumes.
7. Remedies can be antidoted by eating mints, smoking marijuana and/or using products that contain menthol, camphor or eucalyptus.

Changing symptoms

Often in an acute injury the person will show certain symptoms. Over time these symptoms may change. When this occurs a change in the remedy may be needed. For example, immediately after an injury the individual may feel bruised and may refuse treatment or help which would call for Arnica as the remedy. Later these symptoms may be replaced with other symptoms. For example they now have a general feeling of dryness, they are thirsty, they seem to really worry about business/financial matters and they feel worse whenever they move. With these symptoms the person would now require the remedy Byronia. It is possible for the symptoms to change 2, 3 or 4 times when treating an acute injury.

What if the remedy does not seem to work or stops working?

If the remedy does not seem to work it may be caused by an action of the patient or the selection of an incorrect the remedy.

1. Go back and review the selection criteria used to pick the remedy. Double check the symptoms. Be sure that the totality of the symptoms have been considered. If necessary change the remedy.
2. Check to make sure that the individual is taking the remedy correctly.
3. Evaluate whether the individual is not doing something to antidote the remedy, for instance using a topical liniment that contains menthol, camphor or eucalyptus, or massage oils containing these ingredients.
4. If problem can't be identified then a certified homeopath may need to be consulted.

Homeopathy is a gentle safe and rapid way of treating not only a specific injury but the person as a whole. If you have questions or need help seek the advice of a certified homeopath.

Remedies that may be helpful in sports injuries

Remedy	Use, General Information and Mental Symptoms
Aconite Napellus	Shock or Fright; After an injury or accident if person is in shock. Exposure to cold. Great anxiety and/or fear. Also restlessness. Fears he/she will die. Dreams of re-enacting the trauma.
Aesculus Hippocastanum	Backache in sacrum. Better with movement. Constant back ache. Worse when bending forward. Sacrum feels weak and bruised. Worse in the morning. Feels are irritable, confused and gloomy.
Anacardium Orientale	Muscle pains, muscle tears, cramps. Muscles tear easily. Individual exaggerates the injury. Full of conflict. Seems like he/she are two different people who can't decide what to do. Feels irritable and exhausted. Unable to perform, in general.
Argentum Nitrium	Performance anxiety. Also anxiety with diarrhea. Worse any anxiety or emotions. Better in open air, and in cool air. Nervous, hurried and impulsive
Apis Mellifica	Carpal Tunnel syndrome. Numbness in finger tips with stinging pains. Injury is red and swollen. Worse being touched, pressure and/or heat in any form. Wants to be kept cold.
Arnica Montana	Bruises from sports or injuries. General sore bruised feeling. Black eyes. Refuses help or sends help away. Worse being touched, jarred and/or with exertion.

	Can't sleep because the bed feels too hard. Good for treatment of concussions.
Arsenicum Album	Food poisoning with vomiting and diarrhea; Acute severe asthma attack. Feels better with heat, hot applications, hot bath, but feels better with cold drinks. Burning pain like hot needles.
Bellis Perennis	Tennis elbow, blows and injuries, bruises to soft tissue. May be useful if Arnica does not work. Unlike Arnica the individual will ask for help. Feels better with continued motion and cold applications.
Bryonia	Sprains, stress fractures, knee issues, shoulder injuries, carpal tunnel syndrome, aches in every muscle and lower back pain. There is a general sense of dryness. Feels worse from any movement. Feels better lying on the painful part. Desires cool air, damp cloudy days, and cold drinks. Like quiet. Feels worse from exertion, deep breathing, hot weather, being touched, and in the early morning. Generally irritable and wants to be left alone.
Calendula Offinalis	Antiseptic for cuts, scrapes and abrasions; Minor skin infections. Wound must be clean before using!
Carbo Vegetalis	Good for altitude sickness and general lack of oxygen
Causticum	Weak ankles, cracking joints, Achilles tendon tears, shin splints, stress fractures, knee pain, and dislocations. Feels worse in cold dry winds, with exertion, with a change of weather, between 3-4 am and in the evenings. Feels better in damp weather, with cold drinks, but with the warmth of their bed. Is anxious and depressed and feels guilty about being injured. Feels they have let down others.
Cuprum Metallicum	Violent cramps in the calves at night in bed or after very strenuous prolonged physical activity. Feels worse with exertion, movement and being touched. Feels better stretching.
Ferrum Metallicum	Frozen shoulder, rotator cuff injuries, tearing pain. Moving the arm is painful. Worse at night when lying down, raising their arms or with sudden motion. Better with gentle motion. The least noise is unbearable. Feelings of anxiety and guilt.
Glonoinum	Headache from the sun, heatstroke and exhaustion. Cannot bear to be in the sun. Desire cold applications and the shade. Appear confused, bewildered and irritable.

Hypericum Perforatum	Injuries to nerves (crushed fingers or toe); Great for injuries to tailbone! Worse with jarring, from a concussion, or with motion. Better bending backwards, lying on their face and from being rubbed. Fear and depression after the injury. Also a fear of falling.
Ledum Palustre	Injuries due to puncture wounds (insect bite or sting); Bruises (that have turned violet-blue-black); Black eyes (that have turned blue). Worse with warmth and at night. Better with cold bathing and rest.
Phosphorus	Nosebleeds without tendency to clot; Wounds that won't stop bleeding; Bleeding after dental surgery.
Rhus Toxicodenron	Sprains, injuries, overexertion and stiffness. Worse with any first movement, but better with continued motion. Low back pain.
Ruta Graveolens	Injury to coverings of bones, from sprains and strains. Injuries to tendons. Deep trauma to soft tissue. Bruises to the bone(s).
Symphytum Officinale	Bone fractures, bone bruises, and/or injuries to tendons.

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