



## TREATING SPORTS INJURIES with HOMEOPATHIC COMPLEXES

Although clinical practice may slow down during the holiday season, summer is a time when many practitioners see sports injuries such as epicondylitis, bursitis, gonitis. It is worthwhile having homeopathic complexes on hand as they contribute quick, effective, and versatile therapies without restricting summertime activities. Unlike prescription drugs that all too often interfere with certain food items, alcohol and certain activities like diving, normally practiced during the summer holiday period, homeopathic complexes do not carry these restrictions in their use, thus the physician can offer effective treatments without ruining the patient's time off!

In homeopathy, certain preparations contribute anti-inflammatory action on the joint and its synovia and/or provide the components to strengthen the connective tissue matrix. The difference is subtle, but homeopathic composite preparations impose both these actions on the joint as well as relieving the pain of inflammation, which gives them an advantage over allopathic medications which are either analgesic or anti-inflammatory, but not both.

Orthodox treatment also uses nutraceuticals like glucosamine sulfate that contributes nutrients essential to joints, but these molecules are large and encumber the metabolism, causing the body to use more energy in their processing, thereby slowing recovery time. Homeopathics, particularly those in a complex of several dilutions, can actually enhance the performance of nutraceuticals by catalyzing the biochemical reactions in the connective tissue matrix. Thus, homeopathy can be useful as an adjunct to conventional therapy.

The advantage of using homeopathic combinations is that these preparations have multiple actions; a good formula will be both analgesic and anti-inflammatory and enhance or engage circulation. A formulation specific to joint problems needs to contribute anti-inflammatory and analgesic effect, and provide the components for healthy synovia and for the biochemical exchanges between the synovial fluid and the connective tissue matrix. Homeopathic combinations like TRAUMEEL® work along these lines.

Compared to an allopathic formula, which again, might be solely analgesic or anti-inflammatory, requiring the patient to take more than one drug, which often has repercussions on the stomach, homeopathic complexes are an excellent alternative that can be used for therapeutic treatment with the drinkable vials or injectable ampoules, and then placed on long-term maintenance with tablets. In addition, if the joint is diseased, adding the component building blocks in the form of nutraceuticals is not the most beneficial route as a diseased joint cannot assimilate those components properly. Homeopathics, on the other hand, induce the body to do the healing and target the function of the joint so that it can properly assimilate biochemical components.

The following protocols are suggestions for treating injuries often seen during the summer vacation period. The protocols are designed to be quick and effective and to achieve the fastest recovery time possible so patients can resume their holiday activities.

### INJURY INVOLVING A JOINT

ZEEL and TRAUMEEL, one ampoule of each daily (TRAUMEEL morning, ZEEL evening) for one week + tablets can be used throughout the day: 1 TRAUMEEL 5x/day and 1 ZEEL 3x/day for 10-14 days

#### WHEN THERE IS TRAUMA WITH CONSIDERABLE SWELLING

LYMPHOMYOSOT/LYPHOSOT: 1 ampoule s.c. initially (if possible and if conducive to your practice) then 1 ampoule 4 days in a row.

OR when only oral administration is possible: 1 vial 4 days in a row, then 2-3x/week for one week + TRAUMEEL: 1 ampoule i.v. or s.c. initially (if possible), then 1 ampoule 2-3x/day for 5 days. After this period, adopt the maintenance program with ZEEL and TRAUMEEL ampoules and tablets as above.

#### PALLIATIVE CARE WITH TOPICAL APPLICATION:

Apply TRAUMEEL Ointment or Gel and ZEEL Ointment alternately 3-5x/day. For best results use ZEEL Ointment at rest.

### INJURY INVOLVING A TENDON

TRAUMEEL s.c. or i.v. initially (if possible and conducive to your practice), then orally: 1 vial Traumeel 2x/day for 5 days + 1 tablet 3-5x/day.

#### PALLIATIVE CARE WITH TOPICAL APPLICATION:

Apply TRAUMEEL Ointment or Gel; wrapping is optional at rest, but a support bandage should be used during exer-

### INJURY INVOLVING A LIGAMENT

TRAUMEEL: 1 ampoule 2x/day + ZEEL 1 ampoule or DISCUS COMP. 2x/day for 5 days + 1 tablet of TRAUMEEL and 1 tablet of ZEEL 3x/day.

#### PALLIATIVE CARE WITH TOPICAL APPLICATION:

Apply ZEEL Ointment to area of injury 1-2x/day, optimally at night with a dressing.

#### WHEN A NERVE IS THE MAIN PROBLEM → HYPERICUM INJEEL:

1 ampoule 2x/day + 1 ampoule TRAUMEEL 1x/day for 5 days. If possible, and conducive to your practice, the first dose of HYPERICUM can be given s.c. around the affected area.

#### PALLIATIVE CARE WITH TOPICAL APPLICATION:

Apply TRAUMEEL Ointment or Gel to area as needed.