



The Modern
Homeopathic
Therapy



Traumeel[®]s

- *Sports injuries*
- *Sprains and contusions*
- *Inflammations*

Traumeel[®] S Drops, tablets, ointment

Indications: Injuries of all kinds (sports, accidents) such as sprains, dislocations, contusions, effusions of blood and effusions into a joint, fractures, etc.; inflammatory processes and degenerative processes associated with inflammation on the various organs and tissues (e.g. periodontitis, suppuration of the gingival pockets, periodontitis), including, in particular, on the support and mobility apparatus (tendovaginitis, bursitis, scapulohumeral periarthritis), arthrosis of the hip, knee and small joints. **Warning:** If symptoms persist for more than a few days, consult a health care professional. Please consult your physician or dispensing chemist for information concerning any dangers or side effects.

Biologische Heilmittel Heel GmbH, Baden-Baden, Germany, www.heel.com

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Sports Injuries

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Fast, modern homeopathic help for sports injuries


For snowboarders, hurtling down the slopes is the most pleasurable experience on earth. For golfers it may be putting at the sixth hole. In-line skaters in turn get their kicks skating round cities like New York, Tokyo or Berlin.

Jogging, golfing, skating or skiing – all are effective methods of staying fit or getting back into shape.

Sport makes the pounds fall away, strengthens the immune system and dispels the blues.

Unfortunately, however, all types of sport have one unpleasant thing in common: They can result in unpleasant and painful injuries, such as ...



- 
- ***Sprains and strains***
 - ***Bruises***
 - ***Cuts and lacerations***
 - ***Abrasions***

Sprains and strains

Causes → Sprains are joint injuries caused by enormous stretching of the joint beyond its normal range of movement, by twisting or distorting it, for example. Doctors also use the word to refer to the hyperextension or straining of muscles, ligaments and tendons surrounding the joint.

Symptoms → Cramp-like pain, possibly followed later by swelling of the joints in question.

First aid + Raise the injured limb – the leg, for example – apply an elastic bandage, cool. Ideally, press cool packs (which are “frozen” in the freezer compartment of the fridge) against the place requiring treatment. Repeat the cooling process several times.

Later: Place an ointment dressing on the injury. Apply to the painful area an ointment such as Traumeel in a layer as thick as the back of a knife, put a compress on it and enclose the entire area in a tightly fitting elastic bandage.

Bruises

Causes → These are the result of a blunt injury caused directly by a violent blow such as a kick while playing football or being struck by skis. The result: a large bruise which usually appears only after a few days.

Symptoms → Tension and pain, possibly impairment of muscle and joint function.

First aid + Support the extremity (arm or leg) in a raised position. Later: Cool with ice cubes or cool packs. Here too an ointment dressing is recommended.

Important: If symptoms persist for more than 1-3 days, consult your GP or sports doctor. Seek medical help immediately if you suffer severe blows to the head, the eyes or bruising of the genitals.

Cuts and lacerations

Causes → Falls, being kicked by an opponent (e.g. in football).

Symptoms → Bleeding. Important: if the injury has produced a large wound, you must consult a doctor immediately.

First aid for smaller wounds + First clean the whole area around the wound with a clean linen cloth. The wound itself should be disinfected; ask your pharmacist for a suitable product. Cover the wound using either a self-adhesive plaster or a sterile dressing. Change the dressing every day. Once the wound has closed, carefully rub on it a very thin layer of Traumeel ointment.

Abrasions

Causes → A fall on a hard surface. This often happens to children on the playground or while kicking a ball around in the street. Frequently happens during in-line skating and in all types of cycling.

Symptoms → Burning pain.

First aid + See “Cuts and lacerations”. However, the wound should be left open as much as possible when at home. Exposure to the air speeds up the healing process.

- **Torn muscle fibre**
- **Inflamed Achilles tendon**
- **Tennis elbow**
- **Tenosynovitis**
- **Bursitis**



Torn muscle fibre

Causes → Very often happens if, for example, joggers go jogging without proper preparation and good footwear.

Symptoms → Like being pricked with thousands of pins.

First aid + Cool the affected area and apply a pressure bandage (these bandages should be part of every car first-aid kit or sportsman's emergency kit. Follow the instructions for use). Then consult a doctor immediately.

Mention treatment with Traumeel to him or the person who later treats the injury.

Inflamed Achilles tendon

Causes → Severe strain (e.g. if someone sets out on a marathon without proper preparation). Fashionable but poorly fitting shoes and ski boots can also cause irritation, however.

Symptoms → Severe pain on moving the foot.

Treatment + Traumeel ointment dressing. A course of Traumeel injections can also be used here, but discuss it with the doctor first.

Tennis elbow

Causes → Overstraining of the tendons. Tendons should be thought of as the thick cables on a suspension bridge. If too much weight is applied to the cables, they cannot work properly. The body reacts with pain.

Symptoms → Severe pain after physical exercise. Fading later but recurring again on exertion.

Treatment + Immobilization of the affected joint with a stable dressing can provide short-term relief. Patients are however recommended to seek medical advice, such as on treatment methods and physiotherapy or massages with Traumeel ointment, relaxing the muscles and improving the blood supply.

Tenosynovitis

Causes → Trauma, excessive strain (e.g. of the wrist when holding a racquet or in any throwing sport, but also repetitive strain such as when working with a computer mouse).

Symptoms → Pain in the affected areas.

Treatment + Cool the affected areas and apply a Traumeel ointment dressing at night. Possibly discuss a course of Traumeel injections with the doctor.

Bursitis

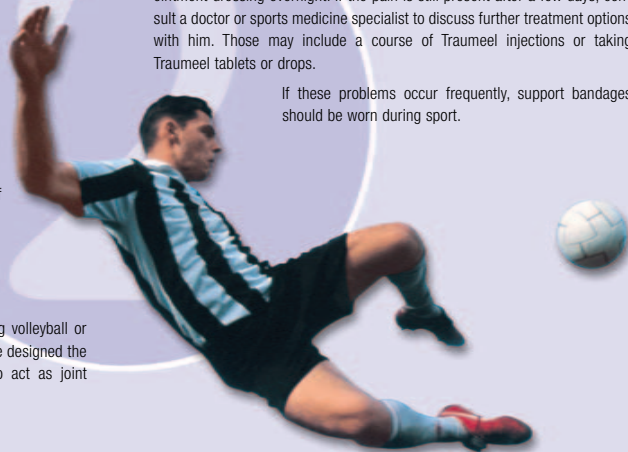
Causes → Falling over particularly often, e.g. when playing volleyball or basketball. Very often occurs in the hip and knee region. Nature designed the bursae, which lie between the skin, bones and tendons, to act as joint protectors.

However, kicks, knocks or constantly falling onto one joint cause the bursae to become inflamed; footwear that is too tight and flat can also cause bursitis in joggers' feet, though.

Symptoms → The inflamed areas may become red, swollen and very hot. Tenderness or pain on movement develops.

First aid + Immobilize the painful area, possibly using a dressing, a bandage or a sling. Treat the inflammation with cold compresses obtained from the pharmacy or using ice cubes (place in a clean linen cloth and apply to the whole of the affected area, fix in place with a dressing). Then apply a Traumeel ointment dressing overnight. If the pain is still present after a few days, consult a doctor or sports medicine specialist to discuss further treatment options with him. Those may include a course of Traumeel injections or taking Traumeel tablets or drops.

If these problems occur frequently, support bandages should be worn during sport.



A tip for those with sports injuries!

Responsible trainers, managers of youth football teams or top-flight international sportsmen are just some of the many people now using a homeopathic remedy to treat sports injuries of all kinds – Traumeel.

Firstly because Traumeel works gently and quickly, secondly because when using a homeopathic product there is no chance of doping and very few side effects occur.

Traumeel is a modern homeopathic product. A combination preparation in which several ingredients form a unit. How do they do that?

In contrast to classic homeopathic single remedies, combination preparations should be thought of as a well-trained team in which several members (ingredients) each play an important role.

Traumeel is an ideal homeopathic remedy for sports injuries (and minor injuries in everyday life) of all kinds and is a must for every sports bag.

➔ Traumeel – the essential medication for your first aid kit.



Traumeel is made from, among other things:

(ingredients and their specific effect)

Arnica (Mountain tobacco)	Bleeding of all kinds. Myalgia after strains. Diseases of the arterial and venous system.
Calendula (Calendula)	Poorly healing wounds. Contusions, lacerations and defect wounds. Frozen and burnt skin.
Aconitum (Monkshood)	Highly acute inflammatory diseases. Painful nerve diseases.
Symphytum (Comfrey)	Diseases of the bones and periosteum.
Bellis perennis (Daisy)	Bleeds, effusions. Muscular pains, especially after injuries and strains.

Traumeel is available in the following forms:

- Ointment** 50 g and 100 g tubes
- Tablets** Packs containing
50 and 250 tablets
- Drops** Dropper bottles
containing 30 and 100 ml
- Ampules** Packs of 10 and 100 ml
2.2 ml ampoules

Please consult your physician or dispensing chemist for information concerning any dangers or side effects.

Here once again is a summary of the indications for Traumeel:

Ointment, drops, tablets, injection solution for injuries of all kinds such as sprains, dislocations and contusions. Inflammatory and degenerative processes associated with inflammation in any organs and joints, and in the supporting and locomotor apparatus (tenosynovitis, bursitis, tennis elbow), arthroses of the hips, knees and small joints.

Dosage instructions: Drops: Unless otherwise prescribed, 10 drops 3 x daily. With soft-tissue swellings 30 drops 3 x daily. Tablets: Users are advised to allow one tablet to dissolve in the mouth 3 x daily. Ointment: Apply to the affected areas (including abrasions) morning and evening, more often if necessary, possibly also as an ointment dressing.

However, to prevent sports accidents happening in the first place, here are a few tips.



Top sportsmen advise:

Warm up before doing any kind of sport. Your body and your muscles will thank you for it.

Gentle stretching exercises are important in order to carefully prepare the muscles for constant changes in tension.

Stretching exercises

- Combined stretching exercise for the trunk and abdominal muscles plus the calf muscles. Proceed as follows: Adopt the starting position with the front leg bent, the back leg stretched (the heel should remain firmly on the ground). Now slowly raise the outstretched arms forwards and upwards. Transfer your weight to the front leg. You should now feel a stretching sensation in the calf of the stretched leg. Hold this position for a few seconds, then repeat with the other side. Repeat the exercise 3 times.

Repeat the exercise after sport, but hold the stretched position for between 30 seconds and one minute.
- Support yourself with one hand. Now bend one leg and grasp your ankle. Now slowly pull your leg up towards your bottom. The hips should remain straight.
- Or support yourself by placing both hands against a wall, door or tree. One leg should be slightly bent forwards, the other backwards. Now bend the back leg until you can feel the Achilles tendon stretching. But – keep your ankle on the ground.
- Strengthening exercise to stabilize the body, especially the back muscles: Lie across a “pezzi” exercise ball so that you are in a lying position.

Rest your feet on the floor. Then slowly stretch your legs. Tense your bottom muscles and raise your arms at the sides. Hold for 10 seconds. Repeat the exercise 10 times.

So –
Have fun when golfing, skating, running, cycling or playing tennis with your no. 1 injury product voted by the German Pharmacy Association in 2003.



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Important information:

When using Heel homeopathic products, please note the unique characteristics of this treatment method. Heel homeopathic preparations activate the body's own defence mechanisms, thereby improving natural bodily functions. It is in the nature of homeopathy that a certain "run-in" period may be necessary before the body's own regulatory mechanisms start responding to the careful balance of active ingredients.

Please remember that this pamphlet cannot replace a physician. In case of doubt, if you cannot classify your symptoms, or if your symptoms persist, always consult a physician.

Where can I purchase Traumeel?

Heel modern homeopathic products are available in more than 60 countries. Please contact your local physician or dispensing pharmacist.

Since this product information is not specific to individual countries, preparation name and formula may vary slightly from country to country.

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