

Heal with Traumeel!!

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My first introduction to Traumeel was during October 2005, when I pulled a calve muscle on a morning run. My friend and running partner suggested that I use Traumeel ointment and the tablets which is a homeopathic treatment. Initially I was not very optimistic but decided to give it a try... I had to wrap my leg with glad wrap after applying the ointment, which I did, and could not believe the difference with regards to my pain levels and the swelling of my calve muscle. After applying a few times and taking the tablets three times daily I was back on the road ... in a jiffy!!!

My training schedule was up to date, and plans were made for the Two Oceans Ultra Marathon and a few other ultras including the Comrades until two serious incidents took place at the end of March / beginning April 2006. The first incident occurred when I slipped and fell on my back at the swimming pool, and the second occurred literally 4 days later during a club run when my foot got hooked and I fell forward. Since that moment my life literally changed and for the next five weeks I experienced pain and discomfort beyond imagination. The result of the second fall was that my SI joint went into a spasm - I could hardly walk, getting in and out of the car was an absolute nightmare, not to mention an even slight brisk walk... Taking pain killers on a daily basis and basic stretch exercises became part of my daily routine as much as taking a shower!!!

Dr Dennis van Aswegen, a very well-known chiropractor from Centurion in Pretoria, came to talk at our local running club, Alpha Centurion Runners at the end of April. He stressed how important it is to check one's "wheel alignment" as he mockingly refers to our posture – especially those of us who are running a high mileage. During his talk he referred to, amongst other, the SI joint quite often and that any abnormalities can result in pronation (which I suffer from), knee injuries, ITB etc. There and then I decided to pay him a visit soon...!!!!

I managed to get an appointment during the next week, and armed with my running kit and shoes I went to his rooms in anticipation. Well, that was literally the beginning of my introduction to the Heel product range, particularly Traumeel. Dr van Aswegen gave me one look and said that my right leg is definitely shorter than the left due to the fall and the spasm...he gave me 2x Traumeel injections, used ultra sound and then came the best part, when he straightened my "wheel alignment". Hearing and feeling all the clicking sounds as all the joints were manipulated back into place, was so relieving, but the most amazing feeling was walking out of the consulting rooms...literally without any pain or discomfort in 5 weeks!!! It was just too good to be true...

During that weekend I managed to run a 45 km spread over 2 days, and even though I was slightly aware of my joint discomfort I did not experience any serious pain or agony. I started taking the Traumeel tablets, on Dr van Aswegen's advice, three times a day, as well as the ointment and he was amazed at my recovery on my return 5 weeks later. When I went for the check up a week before the Comrades, he suggested that I take 8x tablets spread evenly throughout the day for 5 days before the Comrades and 1x every hour on the day of the race. Well, by that time I was a true believer in Traumeel and since then neither the tablets nor the ointment was too far out of reach!!! I followed his advice and can truly and honestly say that I did not experience any discomfort or pain on the day of the race. The days following the race I did feel stiff and had some discomfort but my recovery was definitely much quicker and more effective with the help of Traumeel.

Traumeel has now become part of my daily medication intake, as well as the ointment which I apply extensively to my SI joint, my calves and any other sore muscles I may have.

I want to thank Heel for the excellent product range, especially Traumeel, and wish them the best of luck with their ongoing research.