

# sports injuries



**H**omoeopathy can be thought of in the sports arena for practically everything from heat exhaustion, dehydration, exposure to chill wind and weather to head injuries and bruises from falls and collisions, sprained ankles, bruised shins, pre game nerves, damaged teeth and swollen lips, broken bones and on and on.

Homoeopathic FactSheet

## sports injuries

Every homoeopath and ardent fan carries at least **Arnica** in their pocket, purse, car and sports bag. It's the mainstay accident and injury remedy. Depending upon the type of injury it is common to need more than one remedy, sometimes quite quickly, as the injury heals.

We recommend that you keep a remedy kit in your sports bag. Teach your kids to use it for all injuries as immediate administration may aid in reducing the damage and accelerating healing.

**Aconite** is indicated for acute pain and shock; when fear or fright persists after an accident, and initially for eye injuries. This also helps others such as a child's parents to calm down. If there is fear and anxiety think **Aconite**.

**Arnica** is the first remedy for any physical trauma; shock, bruising, concussion, black eye, or haemorrhage. The person may feel 'sore and bruised' and does not want to be touched; often say they are fine and don't seem to realise the degree of injury.

**Belladonna** is very helpful for heatstroke, heat exhaustion and sunburn. With throbbing headache, and red, flushed face. Symptoms are worse from movement, light and noise.

**Bellis perennis** may help injuries to tissues deep in the body where pain remains despite **Arnica**. For muscular soreness and bruising. Affected area feels better for rubbing and movement.

**Bryonia** is indicated for broken bones, painful joints, bruises and sprains. With achy, stitching pain that is much worse for movement, even breathing. The person is irritable and wants to keep very still. Often needed after **Arnica** to help reduce bruising and swelling.

**Carbo veg** for fainting, and collapse. The person feels cold, and clammy, their face grey-yellow and must have fresh air and fanning.

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**Gelsemium** is helpful for pre game nerves, with weakness, trembling, and possibly diarrhoea. This makes them think they are 'sickening for something' and can't play.

**Hypericum** is an excellent nerve remedy. For nerve damage including lacerations, crushed fingers or toes; with sharp shooting pains. Also, for black eyes where pain is present within the eye itself. Spinal damage.

**Ledum** is indicated for black eyes; especially following **Arnica** once the bruises have turned black. The person feels chilly but the affected area feels better for ice, or cold applications. Also indicated for sprained ankles, puncture wounds, animal bites and insect bites.

**Mag phos** for aches, radiating pains, muscular spasms and cramps. Relief of general muscle weakness. The pains rapidly change place; affected parts feel better for gentle pressure, warmth and massage.

**Rhus tox** suits painful stiffness from sprains and overstrain or getting wet while hot. Must move, stretch and squirm and is better from movement, heat and hot bathing. Symptoms are worse after lying or sitting.

**Ruta grav** for sprains and strains of knees, wrists and ankles. For injuries where bones are close to the surface, e.g. shin. For stiffness, pain and weakness in the joints. The person wants to lie down and is better from it.

When sports injuries result in surgical intervention remember that homoeopathics are ideally suited to assist recovery, support repair of the physical damage and in resolving any residual shock. The **Owen Surgery Info Sheet** and the **Owen Home Prescribing** book list these remedies in detail.

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