

Homeopathic Remedies for Play & Sports Injuries

First Aid for Children & Adults

*Provided by
The Center For Health Renewal
(203)708-9299*

~Listed By Most-Commonly Used~

Arnica (Arnica montana): Bumps & Bruises

- The best **first remedy** after an injury.
- Any **Blunt trauma** to soft tissues (muscles, tendons) and joint sprains (ligaments).
- **Wounds with a jagged surface, ragged wounds.**
- Bruises or bruised feeling. Great soreness: e.g. after strenuous exercise.
 - Sprains.
 - Strains.
 - **Falls**, accidents.
 - Swelling from injury.
- Injury to the throat, hoarseness,
 - loss of voice from shouting, "Hey, I'm open! Pass me the ball, for God's sake!!!"
- Nosebleed from injury.
- Ailments from over-running/too much running--asthma, nausea, etc.
- **Head injury**, any ailment after head injury * (see note at end).

Another curious thing about Arnica is the injured person won't look well and will be dazed, but **they'll tell you they're fine!** They don't seem to know they're injured. When you see this, they need Arnica for sure!

Remember, with head injuries the safest bet is to seek medical evaluation immediately!

- **Broken bones, multiple fractures**--give Arnica first; you may have to follow with another remedy. In fact, an injured person may need many remedies in succession; a remedy for fright, followed by a remedy for blunt trauma and so on. If possible, try to leave a little space--a couple of minutes is ok--between each remedy so that you can ascertain the effect of the remedy just given. Obviously, if you suspect a fracture, go to the emergency room, or if not debilitating, get a doctor's examination and imaging (X-rays, CT scan, etc.)

"Arnica people" don't want to be touched, so they'll send you away and they'll be very adamant about it.

In counterpoint to Arnica, we have another injury remedy for when an injured person is sure they are not fine! In fact, they fear they're going to die, and that remedy is...

Aconite (Aconitum napellus): Fright, Panic & Fear are the main features of the Aconite injury (and that's just the parents! Yes, give the parents Aconite to calm them down.)

You'll look at the little athlete after an injury and you'll see that she's **frantic**, groaning, tossing about, biting her fist in pain. Notice your reaction, are you scared? Then it's probably time for Aconite.

- Any ailment or injury with *fear* as a concomitant is Aconite.
- Inability to act or think.
- Fear, anxiety attacks, before an event (like a game). "Stage fright".
- Sudden sore throat after being exposed to cold/dry winds.
- Any ailment after **exposure to cold dry winds (and even hot dry winds)**.
- **Eye Injury**. They call Aconite "The Arnica of the eyes." So, for getting poked in the eye, corneal abrasions, sand in the eyes, "there's something in my eye!", etc., give Aconite.

And speaking of the eyes, for "**black eyes**" we have...

Ledum (Ledum palustre): Black Eye, injury to the *soft tissue* around the eye.

- Injuries with dark bruising that feels cold and is **better for cold applications**. Bruises that are very painful with pitting edema and a mottled bruise color.
- Puncture wounds, animal bites, with deep soreness and swelling of 2 or 3 inches, deep red and painful, needs ice. The Ledum patient will be much worse if you remove the ice for even a second!

Any time an injured part feels cold, give Ledum. In a Ledum wound, you will see redness at the site, but surrounded by a ring of powder, or a ring that's bluish-white; it may feel cold and the injury is ameliorated by cold.

Speaking of black eye, we can't forget...

Symphytum (Symphytum officinale): Injuries To Bones, especially the face or around the eye ("Smacked in the face")

- **For all the bone diseases**; osteomyelitis, bone ulcers, spinal diseases after trauma and injury.

Symphytum has a great affinity for bones as it promotes healing. If there is fracture, give Arnica first; then, once the [broken] bone is set, give Symphytum. It helps remove pain, inflammation and swelling. Though Arnica is for soft tissue it may still help a bone injury, but Symphytum will cure. For example, a hit in the abdomen or arm is more Arnica. **The chin, cheek, face or eye** is more Symphytum. **The knee would be Symphytum or Ruta.**

Note: Symphytum is also good for falls on the "Tailbone" (**injury to periosteum** when Ruta fails and injury to coccyx when Hypericum fails.)

Dr. Robin Murphy differentiates these first few remedies, beautifully, "For blows to the eye, Ledum and Symphytum are the first two; Arnica is third. Deep ache to the touch or persistent headache after the bruise has healed, try symphytum."

Hypericum (Hypericum perforatum): Pinched Nerves, especially fingers, toes & spine

- This is **the nerve pinching remedy**. Have you ever dropped something on your toe or someone stepped on your fingers or the door closed on your hand and the pain shot up your arm? **That's Hypericum!**
- Injury to areas rich in nerves. *The pain is sharp and shooting.*
- **Injury to the nerves**, inflammation of the nerves.
- **Falls on the tail bone**. (e.g. Slipping on the ice).
- Wounds with **sharp pains**, like a splinter or cat scratch.
- **Numbness and tingling.**
- **Injury to the spine with sharp pain.**
- "Pinched nerve" in your back or neck.
- **Crush wounds (fingers in the door)**
- Foreign body in the eye, e.g. a piece of dirt

Calendula (Calendula officinalis): Cuts, Scrapes & Rug Burns

- **Open wounds**, deep abrasions, scrapes, multiple abrasions, chapping, chafing, bleeding, stabbing....Yes, Calendula is an **Antiseptic!**
- **Helps to stop bleeding** in a cut or scrape.
- It stops the redness, puffiness and pus formation at the site of a wound and stimulates healing, soothes the pain.

Pour Calendula water on an open wound to clean it out. Drop some calendula pellets in a plant sprayer and spray the whole area that's been abraded. Take the remedy internally as well.

Another good use for Calendula is the **ruptured ear drum** you might get from people yelling, "Go team!" and "Deee-fense! Deeee-fense!"

Staphysagria: Mouth Pain & "Feeling Emotionally Wounded" Staphysagria is great for **dental work**- children going in for cleaning and scraping- give Staphysagria first.

- Staphysagria also relieves ailments caused by suppressed emotions particularly wounded dignity, betrayal, humiliation, anger or grief... How about a team loss when the other team didn't play fairly?
Note: The individuals best suited to Staphysagria are sentimental, conscientious, yielding, easily offended, very sensitive to betrayal, injustice, tragic events and sad stories. (My daughter, Pia!).

Bryonia (Bryonia alba): Acute Fractures & Any injury where the patient doesn't want to move (or be moved)

- Whatever the injury may be, whether it's a broken bone, a bruise or a sprain, the reaction of the Bryonia person is always the same: He can't move! Even the slightest movement causes a sharp pain. Even breathing might make the pain worse, so he is breathing very shallowly. Firm hard pressure gives him relief, an ace bandage gives relief. He will want the area immobilized.
- **Bryonia is the #1 remedy for acute fractures**

Bryonia's opposite is...

Rhus Tox (Rhus toxicodendron): Sprains & Strains where the patient has to move

- Unlike Bryonia, Rhus tox **must move!** They cannot sit still. They must stretch, walk about, squirm in their seat. Usually with Rhus tox the injury is a sprain or strain. They feel terrible **stiffness**, which is relieved by stretching, moving and is
- Worse as soon as they sit for any length of time or lie down. **Moving helps them enormously, so does heat and hot soaking and massage.**

Ruta (Ruta graveolens): Bone Bruises & Stiffness After Injury

- **Ruta's stiffness is extreme**; they'll say it's like being encased in cement!
- Ruta is famous for **injuries to the shins** and other areas that are thinly covered, like the forehead, chin, elbow, cheek bone & periosteum. (Remember, the bones *around the eye* are Symphytum!)
- Great soccer remedy!!!

Nat. Sulph (Natrum sulphuricum): Depression After Injury

- "Nat-sulph" is needed for the chronic syndrome following **head injury** or **spinal injury** which will almost always include **severe depression**.
- There may also be *amnesia* about the event.

Helleborus (Helleborus niger): Confusion After Head Injury

- **Following head injury (even a minor one)**, a slowness or sluggishness, poor concentration, **a lack of comprehension**; the patient is in a mental fog; he may have a furrowed brow and a rolling of the head from side to side.

Apis (Apis mellifica): Bee & Yellowjacket Stings

- Bee **stings**, wasp stings. Penetrating wounds that burn and sting as if they were bee or wasp stings.

Gelsemium (Gelsemium sempervirens): Weakness Before (Or After) Sports

- The little athlete is so nervous before the game that he's trembling, feeling weak, may have diarrhea and thinking that he's "*coming down with something*", and not well enough to play. (**Intense fear is Aconite**)

Belladonna: Overheated & Red

- The problem here is the *heat*. Heatstroke, **heat exhaustion**.
- Hypersensitivity (of all senses)

Belladonna always is associated with hot, red skin, flushed face, glaring eyes, throbbing carotids, excited mental state, anger, delirium, restlessness, jerky movements, dryness of mouth and throat with aversion to water. E.g. The child is "beside himself" after sprinting the bases for a home run, only to be called "out" after he **knew** he was safe! Or think of how you look after wind-sprints in 95° August humidity!

Bellis (Bellis perennis): Injuries to the Organs (Arnica for the organs)

- Bellis is a back-up for Arnica. They are both daisies, but Bellis is a **deeper Arnica**; it's for **bruised organs**. Imagine being kicked in the stomach or hit in the kidney!
- There may also be lymph node enlargement after a trauma.

- Bellis will ask for cold applications and is worse from heat.
- ***Blood in the urine or stool after injury should be medically evaluated.

Ferrum phos. (Ferrum phosphoricum): Nosebleed

- Nose bleed of bright red blood.

**A kit containing every remedy mentioned in this guide is available by calling
The Center For Health Renewal at (203) 708-9299.**

****IMPORTANT: PLEASE READ***

A note on Head Injuries:

Any violent blow to the head that causes a brief unconsciousness that last only a few seconds can cause a concussion. This condition may be caused by sports injuries, falls, motor vehicle accidents, blows received in fights or any minor head injury. With a concussion, the loss of consciousness is caused by a disturbance of the electrical activities in the brain. **In most cases of concussion there is no association of damage to the brain but even so it should be treated as a serious occurrence and reported to a doctor.** Although concussions cause a malfunction of the brain they do not result in any visible damage to the structure of the skull. In fact, concussions have been known to occur after even minor damage to the head if the brain has been jarred within the head.

The symptoms that will usually immediately follow a concussion may include:

In Adults

Headaches or neck pain that won't go away
 Trouble with such mental tasks as remembering, concentrating, or decision-making
 Slow thinking, speaking, acting, or reading
 Getting lost or easily confused
 Feeling tired all the time, having no energy or motivation
 Mood changes (feeling sad or angry for no reason)
 Changes in sleep patterns (sleeping a lot more or having a hard time sleeping)
 Feeling light-headed or dizzy, or losing balance
 An urge to vomit (nausea)
 Increased sensitivity to lights, sounds, or distractions
 Blurred vision or eyes that tire easily
 Loss of sense of smell or taste
 Ringing in the ears

In Children

Feeling tired or listless
 Being irritable or cranky (will not stop crying or cannot be consoled)
 Changes in eating (will not eat or nurse)
 Changes in sleep patterns
 Changes in the way the child plays
 Changes in performance at school
 Lack of interest in favorite toys or activities
 Loss of new skills, such as toilet training
 Loss of balance, unsteady walking

Vomiting

If the period of unconsciousness is prolonged the symptoms may be more persistent and severe.

In most cases a person will recover from a concussion within a few hours or days. However, Mild Traumatic Brain Injury (MTBI) is characterized by one or more of the following symptoms: a brief loss of consciousness, loss of memory immediately before or after the injury, any alteration in mental state at the time of the accident, or focal neurological deficits. In many MTBI cases, the person seems fine on the surface, yet continues to endure chronic functional problems. Some people suffer long-term effects of MTBI, known as Post-concussion syndrome (PCS). Persons suffering from PCS can experience significant changes in cognition and personality. Although the reasons for this reaction to a concussion is unknown, it is believed by experts that post-concussion syndrome may be caused by microscopic injuries to the brain or psychological factors related to the injury. In cases of repeated concussion such as that found in boxers, damage to the brain, impaired concentration, slurred speech, slow thinking and the “punch drunk” syndrome are possible.

Even more dangerous than post-concussion syndrome are more serious symptoms which may develop within hours or sometimes days after the injury. These would include increasing confusion, increasing sleepiness or a worsening of the headache. When any of these symptoms appear and persist immediate medical attention is required. Any blow to the head that causes loss of consciousness may severely shake the brain causing brain damage without leaving signs of external injury. This type of blow will often bruise the brain causing the death of some of the brain cells in the injured area. Head injuries are also known to cause edema or swelling of the brain and if the blow is severe enough it might even cause a skull fracture; though a fracture is not necessary to produce a life-threatening emergency.

The recovery from most minor head injuries can be delayed due to persistent symptoms of concussion. In most cases with minor injuries, rest and continuation of appropriate homeopathic remedies is recommended as well as monitoring of the symptoms. If the injured person is a child the parents are given instructions by a doctor on how to monitor the child for changes. If the symptoms do not worsen the person with the concussion can carry on as usual after a week or so.

A special note: Too often I see children (and sometimes parents!) riding bicycles, scooters, skateboarding, rollerblading, skiing and snowboarding without a helmet (!!!). **Please read:**

- Head injuries account for more than 60 percent of bicycle-related deaths, more than two-thirds of bicycle-related hospital admissions, and about one-third of hospital emergency room visits for bicycling injuries.
- Non-helmeted riders are 14 times more likely to be involved in a fatal crash than helmeted riders.
- Helmet use has been estimated to reduce head injury risk by 85 percent.
- A very high percentage of cyclists' brain injuries can be prevented by a helmet, estimated at anywhere from 45 to 88 per cent.
- I have personally broken 3 bicycle helmets; 1 on the street and 2 in the woods- none of the crashes seemed to me very serious, but the helmets did their job in all 3 falls, absorbing the impact force.

Estimated Emergency Room-Treated
Head Injuries for Selected Sports
2006

BHSI note: Includes any head injury, including areas not covered by helmets: ears, mouth, eyes and face.

| Sport Category | Est. Number of Head Injuries | Est. Number of Hospitalized Head Injuries* |
|-----------------------|-------------------------------------|---------------------------------------------------|
| Bicycles | 151,024 | 10,769 |
| Baseball | 63,234 | 1,346 |
| Football | 51,953 | 1,324 |
| Skateboards | 18,743 | 764 |
| Kick Scooters | 15,622 | n/a |
| Horseback riding | 14,218 | 2,434 |
| Snowboarding | 8,540 | n/a |
| Ice hockey | 5,944 | n/a |
| In-line skating | 3,511 | n/a |
| Lacrosse | 1,814 | n/a |

Source: National Electronic Injury Surveillance System, CPSC

n/a = Sample size too small to report estimate.

Includes injuries suffered participating in the activity and/or patients wearing the apparel and equipment associated with the activity. Includes injuries to head, ears, mouth, eyes, and face.

**Includes cases where patient was admitted, was held for observation, was treated and transferred to another hospital, was dead on arrival, or died in the ER.*

Please, please, please make sure your children wear helmets when they bike, ski, skateboard, etc.... and wear them yourselves. A bike helmet should be replaced after any hard contact with the ground (even if it doesn't look cracked), and every three years, even if no impact (all foam breaks down with time).

NEVER buy a used helmet for any sport- you often can't tell if its used up its protective ability just by looking at it.

There is a very good reason helmets are not made out of bone. To protect you and your child from head injuries a good helmet is a "no-brainer" 😊.

Homeopathy for Sport Injuries Quick Reference Chart
The Center For Health Renewal (203) 708-9299

| <u>Remedy</u> | <u>Indication</u> | <u>Notes</u> |
|---------------|------------------------------------------------------------------------------------------------------|----------------------------|
| Arnica | Bumps & Bruises | Best "First remedy" |
| Aconite | Fright, panic, fear Eyeball injury | |
| Ledum | "Black Eye" Injured part feels Cold | |
| Symphytum | Injury to orbit or face Injury to bone | |
| Hypericum | Pinched nerves Crushed fingers and toes Sharp pain | |
| Calendula | Cuts, scrapes, rug burns Antiseptic | |
| Staphysagria | Mouth pain Emotional wounds | Dental work Humiliation |
| Bryonia | Acute fractures Patient doesn't want to be moved | |
| Rhus Tox | Sprains & strains where patient HAS to move Stiff & sore back Where movement helps the pain | |
| Ruta | Bone bruises- especially shins Soccer | |

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|-------------|----------------------------------------------------------------------------|
| | injuries |
| Nat Sulph | Depression after injury- especially head injury Amnesia after injury |
| Helleborus | Confusion after head injury |
| Apis | Bee & yellowjacket stings |
| Gelsemium | Weakness before or after sports |
| Belladonna | Overheated & red |
| Bellis | Injuries to organs Arnica for organs |
| Ferrum Phos | Nosebleeds |