

Homeopathy and Sports Injuries

Homeopathy, in all conditions, can speed the process of healing. This is the way it works – helping the body to repair itself more swiftly.

In acute or traumatic conditions the effects can be seen very quickly and people are often amazed at the rapidity with which a remedy can reduce pain or other symptoms. Many people, for example, have witnessed very rapid healing of bruising after a dose of Arnica Montana.

Homeopathy has many benefits for the active sportsperson.

- remedies contain no pharmaceutically active substances
- they therefore have zero risk of contravening drug laws
- they have no side effects and are safe to use.
- Sports injuries are often easier to treat than other diseases since there is not the same requirement for as high degree of individualisation of the treatment. The same remedy will work for the same condition, based on simple indications.

Most sports people at some point will experience the frustration of injuries. Having to wait months for that tendon to slowly repair or that fracture to heal. Certainly physiotherapy, acupuncture and other modalities can all help. But Homeopathy can speed the healing process significantly.

In twenty years of running I have often benefited from Arnica, Ruta Grav, Rhus Tox and other useful remedies. In all this time I have never had more than a few weeks away from the sport, despite a number of badly sprained ankles (through lots of fell running and off road running – putting your foot down a rabbit hole whilst running at speed is not a good idea!)

When I first did a sponsored long distance run for the Natural Medicines Society I was half way through my journey from Hull to London (200 miles) when I experienced significant knee pain and discomfort. I had walked for some way and rested but the pain seemed to be worsening. A single high potency dose of Arnica was almost miraculous- I quickly resumed running with virtually no pain and completed the journey over the next two days with almost no pain.

Some of the following can be tried for common sports problems.

Arnica – brilliant for the shock and trauma of various injuries, for muscular soreness and overexertion of muscles. It has been dubbed the homeopaths aspirin.

Ruta Grav – great for injuries to the periosteum and to tendons. Often very effective in shin splints and tennis elbow.

Rhus Tox – excellent and a key medicine for sprains. A characteristic symptom calling for this remedy is pain and or stiffness which is worse on first movement but then improves with motion.

Traumeel – this is a combination remedy containing a number of homeopathic remedies together. It is available in gel or tablets but is not available over the counter. Many people have reported significant benefits from this remedy for the pain and discomfort of injuries and also of arthritis.
(contact me to obtain this remedy)

Here are a few other experiences of homeopathy and sports medicine.

“ the sooner I get a dose of Arnica to a person with a ligament or soft tissue contusion, the faster there is a resolution to the problem. Arnica cuts healing time in half or less” (orthopaedic surgeon, quoted in Dana Ullman Homeopathy Medicine for the 21st Century)

“When using homeopathy directly on the soccer field, I find that the results are almost immediate.”

“I am a doctor that uses homeopathy and not a homeopath. I am open to all techniques. I consider that there is only one medicine comprising various techniques. We doctors have to know how to use the entire arsenal. As a sports doctor, I quickly discovered that except for anti-inflammatories and muscle relaxants, I was very limited in the care of athletes. I therefore tried to find something else. I began to use homeopathy, first occasionally, and then more and more.

At first, the athletes were surprised and some of them even wary. So I explained how and why homeopathy acts. The greatest value in sports? Its speed of action. I can use it directly on the soccer field, within seconds of the trauma, and note the results almost immediately. For example, in traumatology with Arnica, and without any adverse reactions on the stomach or liver. I also use homeopathy to treat ORL, stress or dermatology problems.

The players are highly trained. Therefore, they are a population at risk with a slightly defective immune system. We have to protect their health, accompany them in their performance by limiting the risks to a maximum. This involves emphasis on prevention, taking into account the personality of each player. I try to get to know them as well as possible, on all levels. I now know that this approach is that of homeopathy. Abroad, I have often been told that France is ahead in sports medicine. Homeopathy has certainly contributed to this.”

(Dr Jean Marcel Ferret , doctor to the French Soccer team from 1993 to 2004)

To find out more about this fascinating aspect of Homeopathy read –

- Homeopathy for Sports Exercise and Dance by Emlyn Thomas
- Sports and Exercise Injuries by Stephen Subotnick
(North Atlantic Books 1991)

To find out more about how Homeopathy can help your sports injuries
contact me via www.thehomeopath.co.uk