



Homeopathy and Sports Injuries

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Each year there are millions of exercise related injuries, about fifty percent are potentially serious. Many times these injuries result in people having to take time off from work, from their academic studies, or from their professional training regimens. This, of course, leads to loses in the millions of dollars.

The financial effects of these injuries are only a part of the picture. The professional injured athlete may lose the ability to perform at his or her optimum level. The amateur athlete may not be able to maintain their high level of fitness. There can also be mental components to these physical injuries. The athlete may experience depression, lethargy, or a general dissatisfaction with life, potentially affecting the athlete's business as well as their personal lives.

Homeopathy can help! It treats the whole person and not just the injury. Homeopathic remedies speed the recovery of the injury. Remedies can be found at various health food stores. However there are over 6,000 homeopathic remedies and these stores only stock about 30 to 50 of the most common remedies. If the limited number of remedies that are found at local stores do not provide the desired healing on a physical, mental and emotional level it is important to consult a certified homeopath to assist in the road to recovery.

Treating the Whole Person

Homeopathy regards "symptoms" as the body's attempt to restore balance (homeostasis). A remedy should be chosen that matches the total symptom picture and supports the symptoms rather than opposing or suppressing them, bringing about a healing process. Homeopathy does not ignore the existence of any immediate cause(s), such as injury, infection, or other trauma, but looks more deeply at how the person is attempting to deal with this problem. The idea is to give a remedy that will stimulate the immune system or vital force, reminding the body of how to heal itself.

When an athlete, or for that matter, any individual becomes injured, the normally healthy state of the individual is changed to a new "diseased state" (without ease).

This new state can affect the individual on any or all of three levels: physical, mental, emotional. Homeopathy can be used to treat the physical injury by reducing the swelling and bruising, decreasing or eliminating pain, and speeding overall healing. It will also help to restore the mental and emotional balance and overall well being of the individual to a healthy state. If the injury is serious the individual should seek out professional help of conventional medical also. It is important to remember that although homeopathy can speed the healing of a broken bone, that bone needs to be set correctly first. Homeopathy can also not replace torn ligaments, repair a damaged meniscus or regenerate new joints. But it can be truly beneficial in the healing process, and if surgery is needed.

For individuals, not familiar with the variety of remedies available, finding the correct remedy may be challenging. The person may become frustrated and feel that homeopathy has failed. However, it may be that the remedy required is not available at the health store(s) and that the assistance of a certified homeopath is needed. Moreover homeopathy will not help if the maintaining cause of the injury is not removed. The body still needs time to heal. Homeopathy can decrease the amount of time needed, especially after a surgical procedure.

Personal Story

A few years ago I severed a two of tendons in my right hand. I was able to use homeopathy to treat my initial shock and to decrease the initial swelling and bruising. This allowed for faster evaluation of the situation and a shorten time before the necessary surgery could be done. I did not expect homeopathy to repair the tendons. Surgical intervention was needed. I did use homeopathy for the pain after surgery, which enabled me to have a clear head and to avoid the after surgery grogginess and constipation often brought about by conventional pain medications. I also continued to use homeopathy during my recovery, this accelerated the healing process and enabled me to have full use of my right hand again in a fairly short amount of time.

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