Holistic Therapies for Athletic Injuries
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Treatments to speed healing, lessen pain, and lessen the need for medications and surgery
Review of Studies: improved outcomes with holistic therapies

The basics:
Use of Vit C, Bioflavonoids, Flax seed oil for bruises and blunt trauma

Homeopathy and Sports injuries: a perfect match for ultimate performance
Arnica- trauma, soreness
Bellis Perennis- deep muscle injury, abdominal trauma
Bryonia-trauma when slightest movement causes pain
Ledum-excruciating pain with swelling, need for ice

Sprains
Arnica-Acute sprain with soreness
Bryonia-severe sharp excruciating pain made worse by slightest motion
Rhus Toxicodendron-sprains with annoying stiff restless feeling

Fractures
Arnica-routine prescription in first hours after fracture
Bryonia-severe sharp stitching pain, worsened by slightest movement
Hypericum-Crushed bones, Injury to fingers, Compound fracture
Ruta-Injury near to surface (shin, skull, kneecap, etc.)

Spinal Injury
Arnica- back strain from lifting or whiplash
Bryonia-Severe stitching pain in neck and shoulder
Calcarea Carbonica- chronic low back pain from lifting injuries
Hypericum-Injury to vertebrae or cord, shooting pains from injury
Rhus Toxicodendron-sprains of neck and low back
Ruta-stiffness and pain in lumbar region

Integrating holistic and conventional treatments

Review
Question and Answer Period