

## Contents

### **Introduction**

- 1**
- The Injury Problem in Sport, 1**
- Dance Injuries and Treatment, 2
- Homoeopathic Medicine, 3
- Basic Principles, 3
- The Advance of Alternative Therapies, 3
- Who Can Use This Book? 4
- Consult a Specialist, 4
- How to Use This Book, 4

### *Homoeopathy — A Basic Outline*

- 1 Towards Speedy Recovery**
- 6**
- Injury and the Whole Person, 6
- The Healer Within, 7
- Recognising the Symptoms, 9
- Matching the Symptoms to the Remedy, 9
- Homoeopathic Symptoms, 11
- Acute and Chronic Conditions, 11
- Traumatic Injury, 11
- Homoeopathic Case-Taking, 12
- Common Symptoms, 12
- Observation, 13
- The Constitution, 13
- The Constitutional Remedy, 14
- Safety, 15
- Limitations and Risks of Homoeopathic Medicine, 15
- Your First Steps to Homoeopathic Treatment, 16
- When to Use Homoeopathy, 16
- Homoeopathy in Conjunction with Other Treatments, 17
  
- 2 Homoeopathy in Practice** **18**
- Homoeopathy for Injuries, 18
- Orthodox Drugs, 18
- The Patient, Not the Pathology, 19

## *Contents*

|   |           |
|---|-----------|
| Questions and Observations, 21                                  |           |
| Take Time to Choose the Remedy, 21                              |           |
| The Effects of Injury, 22                                       |           |
| Age and Fitness, 22   |           |
| Inflammation, 23  |           |
| Heat, Redness, Swelling and Pain, 24                            |           |
| Mental and Emotional Symptoms, 25                               |           |
| The Importance of Feelings, 25                                  |           |
| <b>3 The Principles of Homoeopathic Treatment</b>               | <b>27</b> |
| The Vital Force, 27   |           |
| The Origins of Homoeopathy, 27                                  |           |
| Samuel Hahnemann, 28  |           |
| Development of Medicines, 29                                    |           |
| Treatment with Similars, 29                                     |           |
| Differentiating Between the Remedies, 30                        |           |
| Differential Analysis of Two Cases, 32                          |           |
| 'Proving' the Remedies, 32                                      |           |
| Clinical Experience, 33   |           |
| Accidental Provings, 33   |           |
| How Remedies are Made, 34                                       |           |
| Which Potencies to Use, 35                                      |           |
| Whether to treat the Specific Complaint or the Whole Person, 35 |           |
| How Can You Differentiate?, 36                                  |           |
| Homoeopathic Help and Advice, 36                                |           |
| <b>4 Homoeopathic Symptomatology</b>                            | <b>38</b> |
| Professional Assessment of Injuries, 38                         |           |
| Common Symptoms, 38   |           |
| Diagnosis, 39   |           |
| Underlying Pathology, 40  |           |
| Rapid Traumatic Onset of Conditions, 40                         |           |
| Gradual Onset of Conditions, 40                                 |           |
| Recognising Homoeopathic Symptoms, 41                           |           |
| Location, 41  |           |
| Sensation, 42   |           |
| Interpretation, 42  |           |
| Observation, 43   |           |
| Some Questions to Ask, 43                                       |           |
| Concomitants to Injury, 43                                      |           |
| Mental Concomitants, 45   |           |

## *Contents*

|  |           |
|--|-----------|
| Physical Concomitants, 45                |           |
| Modalities, 45                           |           |
| Recognising the Patterns, 46             |           |
| Causation, 46                            |           |
| Maintaining Causes, 47                   |           |
| A Sample Case Studied in Detail, 47      |           |
| <b>5 Managing Homoeopathic Treatment</b> | <b>53</b> |
| Where to Buy Remedies, 53                |           |
| Taking the Remedy, 53                    |           |
| Rules for Prescribing, 54                |           |
| Frequency of Doses, 55                   |           |
| When Will the Remedy Work?, 55           |           |
| Repeating the Remedy, 56                 |           |
| Changing Symptoms, 56                    |           |
| If the Remedy Does Not Work, 57          |           |
| What Can You Do?, 58                     |           |
| Storing Remedies, 58                     |           |

## *Applying Homoeopathy*

|   |           |
|---|-----------|
| <b>6 Traumatic Injury and First Aid</b>                   | <b>59</b> |
| Inflammation, 59  |           |
| Controlling Bleeding and Inflammation: Arnica Montana, 60 |           |
| Typical Signs, 60   |           |
| Stopping Bleeding, 61                                     |           |
| Dissolved Arnica, 62                                      |           |
| Preventing Fatigue, 62                                    |           |
| Older Players, 62   |           |
| After Old Injuries, 63                                    |           |
| Other First Aid Remedies, 63                              |           |
| Nerve-Rich Injuries, 63                                   |           |
| Head Injuries and Concussion, 64                          |           |
| Treating an Unconscious Player, 64                        |           |
| Resuscitation, 65   |           |
| Homoeopathic Remedies, 65                                 |           |
| Skin Wounds, 65   |           |
| Muscle Tears, 66  |           |
| Tendons and Ligaments, 66                                 |           |
| Fractures, 66   |           |
| Spinal Injury, 66   |           |

*Contents*

|  |           |
|--|-----------|
| <b>7 Overuse Injuries and Conditions</b> | <b>67</b> |
| Warm Up, 68                              |           |
| Warm Down, 68                            |           |
| The Highly-Trained Performer, 69         |           |
| Performance Stress, 69                   |           |
| Warning Signs, 69                        |           |
| Short-Term, High-Stress Events, 70       |           |
| Preparation, 71                          |           |
| The Effects of Long-Term Activity, 71    |           |
| Anxiety and Fatigue, 71                  |           |
| Recognising the Condition, 72            |           |
| Recognising Changes, 72                  |           |
| Remedies for Stress, 73                  |           |
| Sudden Increase of Activity, 75          |           |
| Overexertion, 75                         |           |
| Pain as a Signal, 76                     |           |
| Remedies for Overexertion, 77            |           |

|  |           |
|--|-----------|
| <b>8 Local Treatment for Specific Injuries</b> | <b>79</b> |
|--|-----------|

|   |  |
|---|--|
| <i>THE FOOT</i>                                 |  |
| Bony Injuries, 80                               |  |
| Sesamoiditis, 80                                |  |
| Calcaneum Spur, 80                              |  |
| Bruised Heel, 81                                |  |
| Fractures and Dislocations, 82                  |  |
| Stress Fractures of the Metatarsals, 82         |  |
| Risk Factors, 82                                |  |
| The Risk to Dancers and Gymnasts, 83            |  |
| Pain During Exercise, 83                        |  |
| Rest, 83  |  |
| Return to Activity, 84                          |  |
| Homoeopathic Treatment for Stress Fractures, 84 |  |
| Hallux Rigidus and Osteochondritis, 85          |  |
| Gradually-Developing Foot Pain, 86              |  |
| Ligament Injuries and Conditions, 86            |  |
| Plantar Fasciitis and Tears, 86                 |  |
| Spring Ligament Strain, 88                      |  |
| Heel Pain - Plantar Fascia Tear, 88             |  |
| Calcaneal Apophysitis (Sever's Disease), 89     |  |

## *Contents*

Tenosynovitis of Dorsiflexor Tendons, 90  
Black Toenail (Subungual Haematoma), 90  
Foot Pain in General, 91

### *THE ANKLE*

Ankle Sprains, 94  
Long-Term Effects of Ankle Sprains, 98  
Weak Ankles, 99  
Fractures, 100  
Achilles Tendon Rupture, 102  
Achilles Tendinitis and Peritendinitis, 103  
Osteoarthritis, 104

### *THE LEG*

Shin Splints, 105  
Simple Test for a Stress Fracture, 106  
Treatment for Shin Pain, 106  
Stress Fracture of the Tibia, 108  
Chronic Compartment Syndrome, 110  
Calf Muscle Tear, 110

### *THE KNEE*

Anterior Knee Pain, 112  
Patellofemoral Pain (Runner's Knee), 113  
Haematoma, 115  
Infrapatellar Tendinitis, 115  
Osgood-Schlatter Disease, 116  
Collateral Ligament Injuries, 117  
Long-Term Effects of Knee Injury, 120  
Iliotibial Band Syndrome (Snapping Band), 121  
Torn Meniscus, 122  
Torn Cruciate Ligament, 123  
Before Surgery to the Knee, 125  
After Surgery to the Knee, 125  
Bursae and Bursitis, 126  
Posterior Knee Pain, 128

### *THIGH, HIP AND GROIN INJURIES*

Hamstrings, 129  
Quadriceps, 130  
Groin Strain and Pain, 131

## *Contents*

Adductor Strain, 134 Bones  
and Fractures, 134 Young  
People, 135 Nerve Pain, 135

*GENITAL INJURIES* Male  
Genitalia, 136 Female  
Genitalia, 138

*SHOULDER INJURIES* Rotator  
Cuff and Tendons, 140 Chronic  
Tendinitis, 143 Dislocation and  
Instability, 145 Recovery  
Remedies, 146 Frozen Shoulder,  
147 Acromioclavicular Pain, 150

*ARM, ELBOW, WRIST AND HAND*  
Intramuscular Haematoma, 152  
Lateral Epicondylitis (Tennis Elbow), 153  
Dislocation of the Elbow, 155  
Tenosynovitis of the Wrist and Forearm, 156  
Sprains, Fractures and Dislocation of the Wrist, 158  
Injuries to Fingers, 159  
Tendon and Ligament Injuries, 159  
Carpal Tunnel Syndrome, 160

*THE BACK AND NECK*  
Lower Back Pain, 162  
Muscular Imbalance in Dancers, 163  
Orthodox Treatment, 163  
Homoeopathic Remedies, 163  
Sacroiliac Injuries, 166  
Coccyx Injuries, 167  
Prolapsed Disc, 168  
Fractures in the Spine, 171

*THE CERVICAL SPINE* Fracture or  
Dislocation, 172  
Stiff Neck, 173

*Contents*

*HEAD INJURIES*

Trauma, 174 Scalp

Injuries, 176 Eye

Injuries, 176 Nose

Injuries, 177

**9 Treating Common Conditions**

178

Alcohol, 179

Altitude, 179

Anxiety, 180

Asthma, 180

Athlete's Foot, 181

Black Eye, 182

Bleeding, 183

Blisters, 183

Burns, 184

Cold Sores, 184

Common Cold, 185

Confidence (Lack of), 186

Constipation, 187

Coughs, 188

Cramps, 190

Diarrhoea (Food Poisoning), 191

Diarrhoea (Nervous), 192

Epistaxis (Nosebleed), 193

Exhaustion, 194

Flying, 194

Food Poisoning, 194

Gout, 195

Grass Burns, 195

Haemorrhoids, 195

Hangover, 195

Hay Fever, 196

Headache, 196

Heat (Weather Conditions), 197

Heatstroke, 198

Homesickness, 199

Indigestion, 199

Influenza, 200

Ingrowing Toenail, 200

Insomnia, 200

## *Contents*

Mouth Ulcers, 201  
Nausea, 202  
Nerves (Pre-Performance), 203  
Nosebleed, 205  
Period Problems, 205  
Piles, 206  
Sciatica, 207  
Sleeplessness, 207  
Sore Throat, 207  
Sunburn, 208  
Toothache, 209  
Tinea Cruris and Pedis, 209  
Travel Sickness, 209  
Tummy Upsets, 210  
Verrucas and Warts, 210  
Wounds, 210

## **10 Descriptions of Remedies (Materia Medica) 212**

ABC, 212  
Aconite, 212  
Aesculus Hippocastanum, 213  
Allium Cepa, 213 Alumina,  
214  
Anacardium Orientale, 214  
Angustura Vera, 215 Apis  
Mellifica, 215 Argentum  
Nitricum, 216 Arnica  
Montana, 216 Arsenicum  
Album, 218 Aurum  
Metallicum, 219 Badiaga, 219  
Baryta Carbonica, 220  
Belladonna, 220 Bellis  
Perennis, 221 Berberis  
Vulgaris, 222 Borax, 222  
Bryonia Alba, 222 Calcarea  
Carbonica, 224 Calcarea  
Fluorica, 225 Calendula, 226  
Cantharis, 227



## *Contents*

Carcinosin, 227  
Causticum, 228  
Chelidonium, 229  
China, 230 Coca, 230  
Cocculus Indicus, 231 Coffea  
Cruda, 232 Colchicum  
Autumnale, 232 Colocynthis,  
233 Conium Maculatum, 233  
Cuprum Metallicum, 234  
Drosera, 235 Elaps Corallinus,  
235 Euphrasia, 225 Ferrum  
Metallicum, 236 Gelsemium,  
236 Glonoine, 237 Graphites,  
237 Guaiacum, 238  
Hamamelis, 238 Hecla Lava,  
239 Hepar Sulphuris, 239  
Hydrastis, 239 Hypericum, 240  
Ipecacuanha, 241 Kali  
Carbonicum, 241 Lac  
Defloratum, 242 Lachesis, 242  
Ledum, 243 Lycopodium, 244  
Magnesia Carbonica, 245  
Magnesia Phosphorica, 245  
Mercurius Solubilis, 246  
Natrium Arsenicum, 246  
Natrium Muriaticum, 246  
Natrium Sulphuricum, 248  
Nitric Acid, 248 Nux Vomica,  
249 Opium, 250 Paeonia, 251  
Phosphoric Acid, 251

## *Contents*

Phosphorus, 251 Picric Acid,  
252 Piper Methysticum, 253  
Plumbum Metallicum, 253  
Podophyllum, 254 Pulsatilla,  
254 Rescue Remedy, 255  
Rhododendron, 256 Rhus  
Toxicodendron, 257 Rumex  
Crispus, 259 Ruta Graveolens,  
260 Sabadilla, 261  
Sanguinaria Canadensis, 262  
Sanicula, 262 Sepia, 263  
Silica, 263 Spongia Tosta, 264  
Staphysagria, 265 Sticta  
Pulmonaria, 265 Strontium  
Carbonicum, 266 Sulphur,  
266 Symphytum, 267  
Tellurium, 268 Thuja, 268  
Urtica Urens, 269 Variolinum,  
269

## *Advanced Uses of Homoeopathy*

|   |            |
|---|------------|
| <b>11 Susceptibility to Injury</b>                | <b>270</b> |
| Predisposition to Injury, 270                     |            |
| Lessons from the World of Dance, 272              |            |
| Other Psychological Factors, 272                  |            |
| Treating the Potential for Injury, 276            |            |
| Treating the Whole Person, 277                    |            |
| Results of Injury, 277                            |            |
| Homoeopathic Remedies for Reaction to Injury, 278 |            |
| Referral, 281                                     |            |

*Contents*

|  |            |
|--|------------|
| <b>12 Enhanced Performance</b>                             | <b>282</b> |
| Minimising the Risk of Infection, 283                      |            |
| Improving Performance with the Constitutional Remedy, 285  |            |
| Practical Applications, 286                                |            |
| Fatigue, 286   |            |
| Anxiety and Stress, 287                                    |            |
| Mental and Emotional Balance, 288                          |            |
| Artistic Performance, 288                                  |            |
| Remedies for Anxiety, 288                                  |            |
| Developmental Remedies, 290                                |            |
| <b>13 Other Complementary Therapies and Techniques</b>     | <b>293</b> |
| Acupuncture and Acupressure, 293                           |            |
| Osteopathy, 295 Chiropractic, 296                          |            |
| Healing, 298 Qi Gong, 298                                  |            |
| Reflexology, 300 Alexander                                 |            |
| Technique, 301 Hypnotherapy, 303                           |            |
| Appendix I: Homoeopathic Suppliers and Organisations, 305  |            |
| Appendix II: Homoeopathic First Aid Kit, 307 Appendix III: |            |
| References and Further Reading, 308 Remedy Index, 310      |            |
| General Index, 313   |            |