# Sports Injuries and Management with Natural Way-Homoeopathy

**Homeopathy is a natural therapy which one can opt for your injury issues. A rightly selected homeopathic remedy can correct the basic root cause and help greatly in injury cases. Homeopathic medicines are available which help relieve muscular spasm and also pain due to any injury.**

Sports injuries are injuries that occur when engaging in sports or exercise. Sports injuries can occur due to over training, lack of conditioning, and improper form or technique. Failing to warm up increases the risk of sports injuries. Bruises, strains, sprains, tears, and broken bones can result from sports injuries. Soft tissues like muscles, ligaments, tendons, fascia, and bursae may be affected. Traumatic brain injury (TBI) is another potential type of sports injury. Injuries may range from mild to severe.

Let's discuss common sports injuries and their management with Homeopathic remedies.

## Sprain

A sprain is a stretching or tearing of fibrous tissue that connect two bones

together in your joints (ligaments). For example, ligaments in the knee connect your thigh bone (femur) with your shin bone (tibia), enabling you to walk. It is one of the most common types of sports injuries and can be hampering and demotivating a sportsperson.

**Sprains often occur in the following circumstances:**

- **Ankle** — Walking or exercising on an uneven surface, landing awkwardly from a jump
- **Knee** — Pivoting during an athletic activity
- **Wrist** — Landing on an outstretched hand during a fall
- **Thumb** — Skiing injury or overextension when playing racquet sports, such as tennis

## Strain

A strain is an injury to a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone. Strains often occur in the back or leg (typically, the hamstring).

**Types**

1. Normal Strain
2. Shear Strain

**Causes**

Certain parts of the body are more susceptible to strains during participation in certain sports.

Soccer, football, hockey, boxing, wrestling and other contact sports put athletes at risk for hamstring strains, as do sports that feature quick starts, such as hurdling, long jumping, and running races. Gymnastics, tennis, rowing, golf and other sports that require extensive gripping have a high

incidence of hand sprains. Elbow strains frequently occur in racquet, throwing, and contact sports.

**Symptoms**

- Pain or tenderness
- Redness or bruising
- Limited motion
- Muscle spasm
- Muscle weakness
- Swelling
- Inflammation
- Cramping

A key to prevent sprains and strains is to do warm up exercise before one hit the field. Also, strength training or muscle strengthening exercises done regularly over a period of time prevents these injuries to a great extent. So one shouldn't just indulge in practice the sports one is involved in but also work on strengthening the muscles.

## Fracture

Fractures are a common presenting symptom of osteoporosis but they also occur in other bone diseases, in osteopenia and in some patients with normal bone. The presentation is with localized bone pain, which is worsened by movement of the affected limb or region.

Children have areas of softer tissue, called growth plates, near the ends of their bones. The ligaments around a joint are often stronger than these growth plates, so children are more likely to experience a fracture than a sprain.

**Causes**

Fractures often happen when more force is applied to the bone than the bone can take. Bones are weakest when they are twisted. Bone fractures can be caused by falls, injury, or as a result of a direct hit or kick to the body.

Fractures commonly happen because of car accidents, falls, or sports injuries. Other causes are low bone density and osteoporosis, which cause weakening of the bones.

**Symptoms**

- Marked pain and swelling
- Abnormal movement of the affected limb
- Crepitus or deformity

**Investigations**

X-rays of the affected site should be taken in at least two planes and examined for discontinuity of the cortical outline. If the X-ray fails to show evidence of a fracture but clinical suspicion remains high, MRI should be obtained. Patients who are over the age of 50 and present with fragility fractures should be screened for osteoporosis by DXA.

**Management**

Management of fracture in the acute stage requires adequate pain relief, with opiates if necessary, reduction of the fracture to restore normal anatomy, and immobilization of the affected limb to promote healing. This can be achieved either by the use of an external cast or splint, or by internal fixation. Following the fracture, rehabilitation is required with physiotherapy and a supervised exercise programmer.

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Prevention of fracture is not a very right term but yes it can be avoided by having milk intake or calcium containing food and muscle strengthening which in turn prevents falls etc.

## Ligament Tear

A ligament is a tough band of fibrous tissue that connects bone to bone. It also connects bones to cartilage, a key element of the joints in your body. Ligaments are quite strong but can be stretched or even torn. The primary function of a ligament is to provide passive stabilization of a joint and it plays an important role in proprioceptive function.

**Causes & Symptoms**

A ligament tear usually occurs due to extreme force to a joint, such as with a fall or another high-impact event. Common ligament tears happen in the ankle, knee, wrist, thumb, neck, or back.

A torn ligament makes the joint harder to move. It is painful and

tender to the touch. Swelling and bruising can be seen. In the case of some ligaments, pop sound can be heard or feel tearing at the time of the injury.

## Performance Anxiety

Negative thinking, fear of failing, inability to deal with adversity or uncertainty, problems with **focusing** and the overwhelming need to be perfect are the mental trigger that can lead to performance anxiety.

Performance anxiety in sports sometimes referred to as "choking". Athletic performance anxiety is a fear or worry related to athletic training or competition. It can increase the risk of injury among athletes.

Perceived stress often increases in athletes because (1) They have an audience and (2) they have extremely high expectations of their success.

**Symptoms**

- Increased heart rate
- Increased blood pressure
- Tremors
- Dizziness
- Headache
- Fast or shallow breathing
- Dry mouth
- Vision changes
- Sweating
- Cold hands or feet
- Pale or flushed skin
- Increased alertness
- Thoughts of fear of failure
- Thoughts of negative outcomes of perceived failure
- Feeling of loss of control
- Decision not to complete the task

It's usually not considered as a sports injury but we are addressing this issue here as mental health is also an important part of health and shouldn't be neglected. Ones attitude and mental phase plays an important role in determining once are performance on the field.

There are many homeopathic remedies which can help manage and treat performance anxiety and help relive the anxiety before the event.

## Tendinitis

Tendons are the fibrous structures that join muscles to bones. When these tendons become swollen or inflamed, it is called tendinitis. Tendinitis can occur as a result of injury or overuse. Playing sports is a common cause.

**Symptoms**

Symptoms of tendinitis may vary with activity or cause. Main symptoms may include:

Pain and tenderness along a tendon, usually near a joint

- Pain at night
- Pain that is worse with movement or activity
- Stiffness in the morning

**Achilles Tendinitis**

Overuse of the back of the ankle (the Achilles tendon) can cause major inflammation and pain. Strengthening exercises for the calf muscle and stretching can help prevent this injury. When it gets injured, use RICE (rest, ice, compression, elevate), and anti-inflammatories.

Best sure to wait until it is fully healed before resuming exercise.

**Tennis Elbow**

Injuries involving the elbow account for around 7% of sports injuries. Again, strengthening exercises are the best prevention, and treat with RICE, physiotherapy, and anti-inflammatory medicines.

**Shin Splints**

Shin splint pain is caused by inflammation of the muscles that surround the inner side of the shinbone. Wearing good shoes and stretching is going to be the best prevention. Apply ice to the injury, stretch, and take anti-inflammatories.

## Nerve Injury- Intervertebral Disc Prolapse[1]

While acute lumbar disc herniation is often precipitated by trauma (usually lifting heavy weights while the spine is flexed), genetic factors may also be important. The nucleus pulposusmay bulge or rupture through the annulus fibrosus, giving riseto pressure on nerve endings in the spinal ligaments, changesin the vertebral joints or pressure on nerve roots.

**Pathophysiology**

The altered mechanics of the lumbar spine result in loss of lumbarlordosis and there may be spasm of the paraspinal musculature. Root pressure is suggested by limitation of flexion of the hip on the affected side if the straight leg is raised (Lasègue's sign). Ifthe third or fourth lumbar root is involved, Lasègue's sign may be negative, but pain in the back may be induced by hyperextension of the hip (femoral nerve stretch test).

**Clinical features**

The onset may be sudden or gradual. Alternatively, repeated episodes of low back pain may precede sciatica by months or years. Constant aching pain is felt in the lumbar region and may radiate to the buttock, thigh, calf and foot. Pain is exacerbated by coughing or straining but may be relieved by lying flat.

**Investigations**

MRI is the investigation of choice if available, since soft tissues are well imaged. Plain X-rays of the lumbar spine are of little value in the diagnosis of disc disease, although they may demonstrate conditions affecting the vertebral body. CT can provide help full images of the disc protrusion and/or narrowing of exit foramina.

**Treatment**

Rest, ice, compression and elevation, which should be followed by simple exercises to relieve pain and restore mobility. Surgery may be required for a more severe tear.

- **Rest**: Stop further activity that stresses the injured joint. This allows time for it to recover.
- **Ice**: Cold contact provides short-term pain relief to an injured area and works to limit swelling.
- **Compression**: Wrapping the injured area with an elastic bandage helps to reduce and limit overall swelling. Sometimes, it may help to ease pain.
- **Elevation**: Raising the affected body part helps to control blood flow and reduces swelling at the site. It is most effective when the injured area is raised above heart level.

Homeopathic medicines can greatly relive the pain due to nerve compression and many such cases can be managed with medicines and physical therapy and wouldn't need surgery. Medicines like Hypericum and Bellis per can be greatly useful in such cases but shall be taken on advise by a registered homeopathic practitioner only.

In Disc prolapsed, it should emphasized the self-limiting nature of the condition and the fact that exercise is helpful rather than damaging. Regular pain relieving medicines may be required to improve mobility and facilitate exercise. Return to work and normal activity should take place as soon as possible. Referral for physical therapy should is considered if a return to normal activities has not been achieved by 6 weeks.

Last but not the least Homeopathy is a natural therapy which one can opt for your injury issues. A rightly selected homeopathic remedy can correct the basic root cause and help greatly in injury cases. Homeopathic medicines are available which help relieve muscular spasm and also pain due to any injury. Medicine selection is done by a homeopath based on symptoms and pathology. Physiotherapy and posture correction have an important role to play in management of injury.

## Homoeopathic Medicines[2]

- ***Arnica Montana***
  Pain in back and limbs, as if bruised or beaten. Sprained and dislocated feeling. Soreness after overexertion. Everything on which he lies seems too hard. Deathly coldness of forearm. Cannot walk erect, on account of bruised pain in pelvic region.
- ***Bellis Perennis***
  Joints sore, muscular soreness. Itching on back and flexor


surfaces of thighs. Pain down anterior of thighs. Wrist feels contracted as from elastic band around joint. Sprains feels contracted as from elastic band around joint. Sprains with great soreness. Railway spine.

- ***Calcarea Phosphorica***
  Stiffness and pain, with cold, numb feeling, worse any change of weather. Crawling and coldness. Buttocks, back and limbs asleep. Pains in joints and bones. Weary when going upstairs.
- ***Calendula Officinalis***
  A most remarkable healing agent, applied locally.Promotes healthy granulations and rapid healing by first intention. Pain is excessive and out of all proportion to injury.
- ***Hypericum Perforatum***
  The great remedy for injuries to nerves, especially of fingers, toes and nails. Crushed fingers, especially tips. Excessive painfulness is a guiding symptom to its use. Relieves pain after operations. Spasms after every injury. Injured nerves from bites of animals. Neuritis, tingling, burning and numbness.
- ***Kalmia Latifolia***
  Deltoid rheumatism especially right. Pains from hips to knees

and feet. Pains affect a large part of a limb, or several joints, and pass through quickly. Weakness, numbness, pricking, and sense of coldness in limbs. Pains along ulnar nerve, index finger. Joints red, hot, swollen. Tingling and numbness of left arm.

- ***Ledum Palustre***
  Swollen, hot, pale. Throbbing in right shoulder. Pressure in shoulder, worse motion. Cracking in joints; worse, warmth of bed. Ball of great to swollen (Bothrops). Ankles swollen. Soles painful, can hardly step on them (Ant c; Lyc). Easy spraining of ankle.
- ***Rhus Toxicodendron***
  Hot, painful swelling of joints. Pains tearing in tendons, ligaments, and fasciae. Rheumatic pains spread over a large surface at nape of neck, loins, and extremities; better motion (Agaric). Soreness of condyles of bones. Pain along ulnar nerve. Tearing down thighs. Numbness and formication, after overwork and exposure. Tenderness about knee-joint. Loss of power in forearm and fingers; crawling sensation in the tips of fingers. Tingling in feet.

- ***Ruta Graveolens***
  Complaints from straining flexor tendons especially. Tendency to the formation of deposits in the periosteum, tendons, and about joints, especially wrist. Overstrain of ocular muscles. All parts of the body are painful, as if bruised. Sprains (after Arnica). Lameness after sprains. Feeling of intense lassitude, weakness and despair. Injured "bruised" bones.

## Dietary Suggestion[3]


- **Zinc-Rich Foods** - Meat, Shellfish, Legumes, Nuts, Whole Grains
- **Foods Rich in Fiber** - Beans, Broccoli, Berries, Avocados, Dried Fruits, Spinach
- **Vitamin D/Calcium Foods** - milk, cheese, yogurt, oatmeal, perch, rainbow trout, Egg yolks, tuna, mackerel, salmon, white beans, soy beans, okra
- **Foods that Contain Plenty of Protein** - Seafood, White-Meat Poultry, Milk, Cheese, Lean Beef, Eggs, Beans
- **Omega-3 Fatty Acids** - Fish and other seafood, flaxseed, chia seeds, and walnuts, flaxseed oil, soybean oil, and canola oil
- **Fruits and Vegetables with Vitamin C** - Oranges, Strawberries, Papayas, Lychees, Lemons, Brussels Sprouts, Kiwis, Kale, Mustard Spinach, Guavas, Chili Pepper

## PREVENTION and Self care.

The best way to avoid suffering the most common sports injuries is to make sure your body is as prepared as possible. It's very important to stretch, warm up, and hydrate yourself properly.

No matter how good of shape you keep yourself in, sports are demanding and take a toll on your body. One needs to remember to be a smart athlete so that you can enjoy your favorite sports pain-free for years to come.

## References


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