

Centre for Integrative Medical Training  
In Association with the Centre for Integrative Care &  
The Academic Department, Royal London Hospital for Integrated Medicine



# Foundation Course in Medical Homeopathy

A Blended Course in Homeopathic Medicine for Healthcare Professionals

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Part 5.5

## **FIRST AID and SPORTS INJURIES**

In front-line treatment situations it is important to remember:

- Timely and appropriate treatment in the acute phase can prevent chronic illness.
- Poor acute management can be worse than doing nothing.
- In trauma / medical emergencies homeopathy is adjunctive to appropriate first aid.

### **Method:**

1. Start the remedy as quickly after first-aid ABC treatment as possible.
2. In unconscious patients never attempt to administer hard homeopathic tablets.
3. Use high potencies as a first choice, but if you only have low potencies give them anyway.
4. Repeat the remedy frequently in the acute phase.

### **Acute pointers for homeopathic treatment in first-aid situations**

Read '*Homeopathy for the First Aider*' by Dr Dorothy Shepherd. (See Supplemental materials)

Consider the best acute remedies for the following situations and for the sports injuries listed overleaf.

Have your notes to hand for the month five on-line tutorial, when we will discuss your findings.

Burns

Electric shock

Faints

Haemorrhage

Insect bites

Motion sickness

Puncture wounds

Renal colic

Scalds

Splinters

Stings

Subconjunctival haematoma

Sunburn

Sunstroke

**Acute pointers for homeopathic treatment in a range of sports injuries.**

Altitude sickness	
Avulsed finger/toe nails	
Avulsed abductor tendons foot	
Black eye (contact sports)	
Bruises	
Crush injuries (finger)	
Concussion/ head injuries (boxing, rugby etc)	
Contusions	
Dehydration	
Dislocation, subluxation	
Drownings - partial	
Epistaxis	
Fractures (long bones)	
Fracture (nasal bones & epistaxis)	
Fractures (ribs, clavicles)	
Friction burns (vehicle: racing, contact sports)	
Frostbite (mountaineering)	

Frozen shoulder	
Hamstring injuries	
Hiatus hernia (weight lifters, hammer throwers)	
Hypothermia	
Lacerations	
Scaphoid fracture	
Shock/ fright	
Sprains	
Staved finger (eg. skiing, cricket)	
Tennis elbow	
Testicular torsion	
Repetative strain injury	
Whiplash	
Wrist sprain	