

How to Heal a Sprain in Half the Time

By Toni Eatros, MS, Dipl Ac, AP

Has this ever happened to you? You are so proud of yourself for sticking to your exercise regime. Things are going great and you are seeing positive results from your effort and discipline. During your work out, you stumble and end up twisting or spraining your ankle. You hear the loud crack as your ankle touches the ground. Pain immediately ensues, as does the swelling and bruising. Now what? How will you continue your new, effective routine? Unfortunately, you will need to take some time off to allow your ankle to heal, but if you follow the recommendations that I am outlining in this article, you will be able to cut that healing time in half and get back to your fitness routine.

Most of us know about the **RICE** protocol when addressing injuries, especially sprains.

- Rest
- Ice
- Compression
- Elevation

The above protocol is imperative if you want to get back to your workouts quickly. You must get off the joint. If you don't rest, and keep pushing through, you will not have quick or complete healing. I hate to say it but no walking, running, stepping or spinning on a sprain.

Apply ice to the joint for the first 3 days (72 hours). An effective interval is applying ice for 20 minutes of every waking hour. Do NOT use heat during these first three days. For the compression step, wrap an ACE bandage around the joint. Be careful not to put it on too tight. It is important that the energy, blood

and lymph can move through the area so it can heal. The last step is elevation. It is important to elevate it as much as possible. Raise the joint so it is higher than your heart level.

Using the RICE protocol, it will take about 7-21 days to heal a sprain of any joint. The worse the sprain, the longer it will take to heal. However, if you add in homeopathics, the time it takes to recover will be significantly shorter. If you are not familiar with homeopathic medicine, you can listen to my, "Homeopathy, The At Home Medical System You can Use to Take Back Control of Your Life" podcast to learn more. The podcast can be found on the internet at <https://anchor.fm/anhs4566>, Season 1, Episode 11.

At the first moment after spraining a joint, take homeopathic *Arnica montana* 30C. The dose is dependent on the manufacturer, so read the label to see if one dose equals, 4, 5, or 6 pellets. *Arnica* is especially useful for soft tissue trauma. It helps to reduce swelling and pain. The *Arnica* will be alternated with *Ruta graveolens* 30C, every two waking hours for two days. *Ruta* is especially helpful for any complaint involving cartilage, tendons or bone surfaces.

This is what it looks like:

- 10am sprain ankle
- 10:05am take first dose of *Arnica montana* 30C
- Implement the RICE protocol from above
- Noon take first dose of *Ruta graveolens* 30C
- 2pm take *Arnica montana* 30C
- 4pm take *Ruta graveolens* 30C
- continue while awake for the first 48 hours.

The frequency of dosing listed above is indicated for a pretty severe sprain. If you have taken the homeopathic medicines and you feel better, or if it is a mild sprain, then spread out the dosing of each medicine, to one dose every 6-12 hours. If there is no swelling or pain, then stop the *Arnica montana*. Continue to take the *Ruta graveolens* 2-3 times per day until the sprain has healed.

The beauty of homeopathic medicine is that it will not interact with any pharmaceuticals, vitamins or herbs that you may be currently taking. Only take homeopathics to address a symptom, they are not to be taken prophylactically or for long periods of time, especially if the symptom has resolved.

If you put into use the information that you learned in this article, you will be able to cut the down time from a sprained joint by about half. I encourage you to explore the world of homeopathic medicine. There are many ailments that are effectively treated at home using homeopathy. At this time, more than ever, we want to reduce our visits to the doctor or emergency room. COVID-19 is spreading like wildfire throughout the world. The ability to treat yourself and your family from the comfort of your home is invaluable at this time of self isolation. Check out my podcasts, anchor.fm/anhs4566, to learn more about homeopathy.

Although I am unable to treat you in my office at this time, due to the coronavirus pandemic, I am offering telemedicine homeopathic consultations over the phone. Homeopathy can address many acute and chronic illnesses, without the use of pharmaceuticals. Call my office today, **239-260-4566**, to schedule a homeopathic consultation or schedule online at www.AcupunctureSolutionsOnline.com.

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