Natural treatments for Ligament Sprain

What is a ligament sprain?

A ligament sprain happens when a ligament is stretched or torn. Ligaments are tough tissues that connect bones. Ligaments support your joints and keep your bones in place. They allow you to lift, lower, or rotate your arms and legs. A ligament sprain may involve one or more ligaments.

What causes a ligament sprain?

A sprain is usually caused by a direct injury or sudden twisting of the joint. This may happen while playing sports, or may be due to a fall or car accident. The following may increase your risk of a ligament sprain:

- Overuse of your muscles or muscle fatigue (tiredness)
- A sudden increase in the amount and intensity of sports training
- Wearing shoes that do not fit or are not well-suited for the activity
- Weighing at least 20 pounds more than your caregiver recommends
- Using sports equipment the wrong way

What are the signs and symptoms of a ligament sprain?

- You hear or feel a pop or snap at the time of the sprain.
- The joint gives way, especially during heavy physical activity. This may occur if a joint in the lower arm or leg is affected.
- You have sudden pain or swelling in the joint. The pain is often worse when you touch the affected area.
- The injured area may be bruised and feel warm when touched.
- You have trouble moving the joint.
How is a ligament sprain diagnosed?

Your caregiver will ask you about your injury and examine you. Tell him if you heard a snap or pop when you were injured. Your caregiver will check the movement and strength of your joint. You may be asked to move the joint yourself. You may also need the following:

**Joint x-ray:** This is a picture of the bones and tissues in your joints. A joint x-ray will show your caregiver if there is a fracture caused by the injury. You may be given dye as a shot into your joint before the x-ray. This dye will help your joint show up better on the x-ray. A joint x-ray with dye is called an arthrogram.

**CT scan:** This test is also called a CAT scan. An x-ray and computer are used to take pictures of your joint area. It may be used to look for injured bones or muscles. You may be given dye,
also called contrast, before the test. Tell the caregiver if you are allergic to dye, iodine, or seafood.

**MRI:** This scan uses powerful magnets and a computer to take pictures of your joint. An MRI is used to look for ligament tears or other injuries. You may be given dye, also called contrast, before the test. Tell caregivers if you are allergic to dye, iodine, or seafood. Remove all jewelry, and tell caregivers if you have any metal in or on your body. Metal can cause serious injury. Tell caregivers if you cannot lie still or are anxious or afraid of closed spaces.

**Arthroscopy:** If the ligament sprain is in your knee, your caregiver may use arthroscopy to look inside your knee for signs of injury. He will make a small incision in your knee and insert a scope through it. The scope is a long tube with a magnifying glass, a camera, and a light on the end.

Statistics reveal there are around 100,000 to 200,000 ACL ruptures every year in US, and when incorporating MCL, carpal tunnel ligament and other types of ligament injuries, the number only continues to rise.

You may be currently suffering from a twisted, sprained or torn ligament. While most intense tears may require surgery, there are several natural remedies used to recover from injuries as well.

The natural recovery methods don’t have any side effects and you can try them out even if you’re currently suffering from an intense tear. There have also been some cases where individuals with intense tears were able to recover and avoid surgery all together.

Here are some of the natural remedies you can go for. Most of them are known to reduce inflammation and increase blood flow to the joints, creating a ‘complete healing environment’.

1. **Yoga**

Exercise is known for improving the flow of blood to muscles and joints. However, it may not be possible for you to carry out conventional weight training and cardio exercises due to injury. A good option in this case is to go for yoga as it can be done right at home and won’t cause weight being stress on the joints. It will also increase your self awareness and mindfulness.

There are several types of yoga you can choose from such as flow yoga, bikram yoga, hatha yoga etc. You can also combine breathing exercises along with different postures as they can reduce the acute pain suffered in damaged ligaments and joints.

2. **Trigger Point Therapy**

Not many are aware of this therapy, but it’s quite capable of healing ligament tears. The recovery time may be long with this method, but considering it’s all natural and doesn’t even require you to take medication, it may just be the answer to your ligament damage worries.

The aftermath of injury is the formation of trigger points, which if left untreated can last for long. They prevent the ligaments from healing properly. You can perform a self-treatment session with the help of a tape ball or consult a trigger point therapist who’ll massage the trigger points around
the injury to create an optimal environment for ligament healing and speed up the recovery process.

3. Diet

Diet also plays a crucial role in healing ligament injuries. A poor nutrition plan can prevent or slow the healing process and even increase the span of time required for ligaments to heal. In case of ligament damage, you’re recommended to follow an anti-inflammatory diet.

Fruits, vegetables, nuts, oily fish and grains such as brown rice should make the major portion of your daily diet. Fruits and vegetables contain important vitamins, minerals and antioxidants. University of Maryland Medical Center research reveals Vitamin C helps in healing of connective tissues. Studies also show that Omega 3 which is found in flaxseed and salmon fish speeds up the healing of injured ligaments.

4. Innovative Heating Wraps

There are some heating products available that have been built on the basis of innovative science and technology. One of the great recovery options available is Inferno Wrap. This item promotes deep tissue healing and eliminates build-up of toxins.

Wraps like Inferno wrap also allow individuals to move freely and they are easily portable, which means you can take your treatment solution wherever you go. They have the potential to prevent your condition from becoming chronic.
RICE has made way for MEAT Methods for Serious Ligament Twist Management

Some Food For Thought

The RICE protocol is widely advocated in the treatment of acute soft tissue injuries, and is therefore frequently utilized in the acute phase following most sports injuries. Whilst RICE should still be used in the case of acute muscle strains, given the potential for adverse consequences such as compartment syndrome, there are some who are suggesting that the RICE protocol has reduced efficacy in the management of acute ligament (and even tendon) sprains.

Why is this so? Read on to find out.

Unlike muscle tissues which have a large vascular supply, ligaments (and normal tendons) are largely avascular. Reduced blood and nutrient supply means that ligaments are more prone to delayed or incomplete healing, and may frequently cause chronic problems in the athlete. This is the proposed reason why RICE is effective in the management of acute muscle injuries, yet MEAT is more effective in acute ligament sprains.
RICE, Rest, Ice, Compression, Elevation

It may be suggested that use of the RICE protocol could inhibit healing and therefore delay recovery in those with an acute ligament sprains. How each component may be disadvantageous to rehabilitation is discussed:

**REST** – Whilst rest should more accurately be taken as ‘Relative Rest’, some take this to the extreme. Complete rest would be disadvantageous for the treatment of most acute soft tissue injuries. The issue with complete rest or immobilisation is discussed later in the post.

**ICE** - now this is a tough one. The use of ice following acute soft tissue injuries is a staple of the sports medicine world, and I for one am not going to disagree with its use. However, I will say this. The research regarding the clinical effectiveness of ice/cryotherapy is significantly lacking, and icing acute ligament injuries may not be as cool as everyone thinks (Bleakley et al. 2004). It is possible that the decreases in metabolic rates secondary to cryotherapy will slow rates of healing, leading to a slower recovery and RTP.
### RICE VS MEAT

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<th>RICE</th>
<th>MEAT</th>
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<td>Immune System Response</td>
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<td>Blood Flow to Injured Area</td>
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<td>Speed of Recovery</td>
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<td>Complete Healing</td>
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**RICE Versus MEAT**

The RICE protocol hampers soft tissue healing, whereas MEAT encourages healing.
COMPRESSION – I can see no feasible reason why those who strongly advocate the MEAT principle for acute ligament injuries would not want to utilize compression, given that the compression used does not lead to immobilization.

ELEVATION – whilst elevation could reduce oedema and oedema associated issues (e.g. chemically mediated pain), elevation of an injured limb will reduce the circulation of blood to the limb. It is possible that this could slow the rates of healing, effectively prolonging recovery.

Overview of RICE vs MEAT
This post is food for thought, more specifically MEAT for thought. Yes, MEAT, another protocol for acute injury management.

I talked in other blog posts about different protocols to manage acute injuries: RICE, PRICE and POLICE. Also, I talked about HARM, which advises you what to avoid when injured. POLICE is generally accepted as the best, however there are more ideas out there and, as there is not much strong evidence about any of the protocols, I thought I should write about other options as well. I explained to you in a previous post why the “R for rest” in RICE and PRICE is not a good idea when having an acute injury and that’s why these two protocols are not used much by health professionals (maybe they are still used by some who aren’t keen on research). Can’t you remember this? Yes? I told you that rest might be harmful (weakness, stiffness, reduced proprioception, recovery inhibition, etc.) However, early mobilization and functional rehabilitation with early weight-bearing, usually with protection, are more effective than immobilization and total rest and that’s why POLICE is used now (“OP” stands for “optimal loading” which means replacing rest with a rehabilitation programme). Have a look at these papers which compare immobilization with functional treatment: 1, 2, 3.
For all the above-mentioned reasons, **POLICE** is the protocol I am going to compare with **MEAT**.

While the well-known POLICE (this last one is currently the most used protocol) is thought to be the best option for any acute injury by the majority of health professionals, some of them disagree and state that this protocol works well for acute muscle injuries, but it doesn't work as well for acute tendon and ligament injuries. Why is this?

It is suggested that the POLICE protocol could inhibit healing and therefore delay recovery in those with an acute tendon or ligament injury. To be fair, just the “**ICE**” (“I” for ice, “C” for compression and the “E” for elevation) would be the problem, as it decreases blood flow. Here is where **MEAT** makes its appearance to focus on increasing blood flow and getting rid of ice,
compression and elevation, which are thought to be harmful when treating ligament or tendon injuries.

Well, apparently, for muscle injuries it is recommended to perform the POLICE protocol because blood supply in muscles is rich, so reduced blood supply is not a problem when muscles get injured and, also, you are always at risk of having compartment syndrome if you don’t do so.

Compartment syndrome occurs when pressure increases in a muscle compartment, which is a space that contains muscles, nerves and blood vessels. This compartment is covered by fascia whose role is to keep the tissues in place. Because the fascia does not stretch when swelling or bleeding occurs, this can cause increased pressure on the capillaries, nerves, and muscles in the compartment, decreasing blood flow, which prevents nourishment and oxygen from reaching the area. This vicious cycle can lead to permanent muscle, nerve or circulation damage. That’s why POLICE would be a good protocol to manage acute muscle injuries.

On the other hand, ligaments and tendons have reduced blood supply and, therefore, poor nutrient supply. This means that it is more difficult for them to heal. So, if you apply the POLICE protocol, ice, compression and elevation might reduce even more the blood supply and, thus, delay healing or not heal completely. Some tendon and ligament injuries could become chronic for this reason.

Let’s start talking about MEAT:

**What does MEAT stand for?**

* M for movement:
  It is thought that early movement of the affected area stimulates healing, reduces the formation of inappropriately aligned collagen fibres (scar tissue), and improves recovery.

* E for exercise:
  For the same reasons as movement, exercise is very important in early stages. Also, something I didn’t comment about before, exercise therapy is thought to be effective in reducing the risk of recurrent sprains after acute ankle sprain, as you can see in this paper. This might be similar for other acute ligament injuries as well.

* A for analgesics:
  Natural analgesics are recommended, as long as you don’t take anti-inflammatory medication which will inhibit the process of healing, as I have told you several times in other blog posts.

* T for treatment:
  This refers to any kind of physiotherapy treatment which could increase blood flow and, therefore, stimulate healing.
My thoughts about MEAT

I would say that all this makes sense to me, don’t you think so? Although, I think that MEAT has too many letters. Aren’t movement and exercise the same thing? Also, couldn’t these two be part of the treatment?

What this protocol wants to convey is the importance of increasing blood flow to stimulate recovery in ligament and tendon injuries (remember that it is not the same for muscles). Also, I have read in some papers that heat is recommended to increase blood flow. I am not sure if my patients would be happy applying a heat pack on a swollen ankle though.

So, we get rid of ice, compression and elevation because they decrease blood flow, but what about “POL” (“P” for protection and “OL” for optimal loading)?

The reality is that optimal loading, movement and exercise are the same thing and protection can’t be bad, that’s for sure.

Why don’t you use “hot/cold immersion therapy” or contrast bath (have a look at this post in the section about ice). This method acts as a pump, therefore, it increases blood flow. It is supposed to be used 72 hours after getting injured, but this is the choice with my patients even immediately after
injury. Based on what? Experience. It works well with my patients and they are happy with it, so why not?

In summary, do what works for you. My opinion is that you should be clear what kind of injury you have (muscle, ligament or tendon injury) and then decide which is the best protocol for it. POLICE seems to be a good choice for muscle injuries and I would say that a mixture of POLICE and MEAT for ligament and tendon injuries should be all right.

Let's call this mixed protocol POLAT ("P" for protection, "OL" for optimal loading -which includes movement and exercise-, "A" for analgesics and "T" for treatment). Hmmm…it might be difficult to remember. It is a Turkish surname, but not many people know this.

Ok, I have the solution, let's call it the PAT protocol, yes!! I think this is the “appropriate” protocol: “P” for protection, “A” for analgesics and “T” for treatment which includes movement, exercise and any other type of treatment that stimulates healing. I just made it up, but it doesn’t sound too bad.
Grading Tendon Injury

- Early signs of tendonopathy: Pain at the beginning of workout, decreased once warmed up, and worse within a few hours after workout or towards the end of practice.
- Signs tendonopathy progressing: Begin to have pain during activity, no change with warm-up, and increasing after completion of activity, increased intensity of pain.
- Signs of tendon partial rupture: Increasing pain intensity, pain during activity, and inability to relieve the pain or swelling.
- (See an Ortho Doctor or Therapist Immediately)
- Signs of tendon full rupture: Visible defect, possibly hear/feel a pop, inability to activate muscle attaches to the tendon, pain with contraction, pain during activity, inability to relieve pain or swelling. Increased intensity of pain and increased swelling.

Velcro closures attach anywhere for adjustable compression

Non-migrating gel for consistent cold

Soft, plush neoprene outer for comfort, insulation and breathability

Outside Knee Sprain

- Ice after the injury, and any other time you feel like it has "flared up".
- Foam roll your i.T. bands on the outside of legs.
- Take collagen and hyaluronic acid supplements.
- Perform exercises that strengthen both the hamstrings and quads to improve balance and decrease muscular imbalances.
- Perform yoga movements that improve hip flexibility.
ACL TEARS

Normal ACL

Partial Tear

Complete Non-retracted Tear

Complete Retracted Tear

Surgery

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- Strapping & Taping
- Cold Therapy
- Mobility Exercises
- Strengthening Exercises

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Of all reported injuries, one stands out as the most common: Ankle sprains range from 15-30% of all sports injuries. These issues can take up to 8-12 weeks to heal. More alarming is the high likelihood that this setback will reoccur again and again. The most common prescription for an ankle sprain is RICE:

- **REST**
- **ICE**
- **COMPRESSION**
- **ELEVATION**

However, RICE could actually be prolonging the healing process (see: [Icing is just another placebo on Sparta Point](https://sparta-point.com/)). The good news about ankle sprains is that this injury is preventable. Very preventable.

### What is a sprain?

**Lateral ankle sprain**

![Diagram of a lateral ankle sprain](image-url)
The word “sprain” refers to the complete or partial tearing of the ligaments in the ankle. The most immediate symptom is swelling, which is just a sign that torn blood vessels are leaking fluid. Fortunately, this process allows white blood cells into the area, causing inflammation and the start of the healing process. The main injury mechanism is a twisting or rolling over on the ankle, usually occurring during a cutting maneuver or landing from a jump, often on top of another player. But the real cause for these injuries start well before this incident.

### Why does it happen?

The primary cause for ANY injury, including ankle sprains, is a previous injury in the same area. In this case, ligaments have been previously stretched, and then the athlete is subject to stress before these structures have time to heal (i.e. shorten). This primary cause for re-injury, excessive flexibility can also be the major cause if no previous history exists. Such laxity is why a January 2013 study found females to be 1.25x more likely to sprain ankles. They are just more flexible, more mobile, which is the opposite of stability. Such a mobility-stability imbalance explains why the majority of females test low on stability, or the EXPLODE portion of a movement signature™. This need is objectively evident on our force plate, shown to the right by the large dip between the first and second peak.

### If you had only 10 minutes a day...

We have been clear on ankle injury causes, excessive mobility allows too much twisting, an inability to control the lateral plane. As usual, the approach to an injured ankle requires a combination of strength, skills, and regeneration.

A [sprained ankle](#) is a result of sudden injury to your ankles. They can heal by itself due to body’s self healing mechanism, some can be healed by rubbing the ankle gently with warm oil and there’s so much more. Another one is by following certain exercises and that’s what this is all about:
Best Exercises For Ankle Sprain

Ankle Circles
This is the basic exercise where the affected person can do it himself/herself. Just hang your leg on the edge of sofa or the bed while the rest of the body still laying and start trying to make circles with your ankle. First start slowly, after which you may go on with bigger ones. You can even try making alphabets and try doing this 3-4 times a day.

Towel Curls
Place a hand towel on a smooth floor such as tile while sitting and curl your toes to grab the towel whilst keeping your heel on the ground. Let go, and scrunch up the whole length of the towel. After reaching the end of the towel, reverse the action. Keep repeating this process until the whole length of the towel is pushed away.
Overpressure Stretches
This process is a simple one and helps the target area of the sprain, thus giving a boost to healing. Sit on a hard-back chair and keep the injured leg on the healthy one. Move your ankle upwards so that your toes face the ceiling. If difficult, you are free to have the support of your hands. Keep it in this position for about 10-15 seconds.

Also Read
- How To Treat A Sprained Ankle
- How To Cure A Sprained Ankle
- Natural Cures For Sprained Ankle
- Therapy For Ankle Sprain

Calf Stretch
Perform this exercise when you are able to stand. Face a wall with your hands up to your shoulder level. Keep your injured leg behind the healthy leg with toes pointing forward. With back leg straight and heels down, bend your front knee slowly until you
feel the calf stretch in the back leg. Keep the **position for 20 seconds approx** and repeat the procedure 3 times a day.

*Lower Leg Stretches*

Lower Leg Stretches include the stretching of three muscles in your lower leg (Calf, gastrocnemius and soleus) which can help you regain your upward movement in the ankle as you proceed recovering from an injury. Begin the exercise by wrapping a towel at the bottom of your foot while lying on the bed or the sofa. Next, pull the towel slowly towards you with both of your hands till you feel a kind of ‘stretch’ in your calf muscle. **Hold for 10 to 15 seconds and then relax.** Stand facing a wall and push your hands against the wall when you can resist some weight on your ankle after which you may lean forward until you feel another stretch in the gastrocnemius muscle.
**Pressure**

Have your foot flat and try to push an immovable object such as heavy furniture or a wall. Use rubber tubing around your foot for resistance once you are accustomed with this. Hope these exercises will help you to heal the ankle sprain. Remember, these exercises must be done daily to gain maximum results, giving an important priority to be done after physical activity.
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web: www.qxsubspace.com
e-mail: info@qxsubspace.com
Trauma Sport Pain Electro Healing With SCIO - 2012 Update

Written by Jozsef Mezei MD

STUDY INFORMATION:
SUPervising Researchers: Dr. Danis György, MD, Dr. Hilf Klara MD
MEDical Consultant: Dr. Gebhard Gehring MD Bavaria, Germany
DATES: October 2012
SPONSORS:
SCIO International / Mandalay Kft.
INSTITUTIONAL MONITOR:
IMUNE / University of Timisoara (Victor Babes University of Medicine) Dr. Bacean Aurel MD

Abstract:

When we apply a micro charge electro-pulse through a process, Osmosis increases. The SCIO measures the body level of Voltage, Amperage, Resistance, Hydration, Oxidation and Ph (VARHOP). By stimulating an autofocusing cybernetic harmonic frequency to the body the SCIO can maximize the osmosis effect. Since it is through Osmosis that the cells bring nutrition and remove toxins, all of life's processes are improved. Injury improves from the Electrical field stimulation of the SCIO. The SCIO sends signals thru each extremity and the SCIO knows the difference between healthy signal return and injured signal return. The SCIO can use an autofocused changing set of pulses to treat the injured tissue and stimulate and speed up natural recovery.

In this study 27 fit healthy subjects in Romania and Munich Germany were hit with a sport injury of the same strength on each leg one at a time. The one leg would get real SCIO therapy the other leg would get Placebo. After the SCIO or control treatment the athletes rated the pain in 10 min intervals till pain recovery was stable. The SGO showed ability to lower pain after a slight sport injury and promote flexibility recovery quicker than placebo treatment. It is proposed that the increase in osmosis and the autofocused injury treatment pulse increases the body’s natural ability to deal with pain and heal.

Transcutaneous Electro-Nerval Stimulation for pain and Electro Wound Healing for injury have been well documented in the literature. This study has shown conclusively that the SCIO technology is significantly safe and effective in treating sport pain and minor injuries.
Trauma Sport Pain Electro Healing With SCIO - 2013 USA

Written by Darwin Davidson Doctor of Quantum Biofeedback

STUDY INFORMATION:
SUPERVISING RESEARCHERS: Dr. Dáni György, MD, Dr. Ilka Klara MD, Jozsef Mezei MD
MEDICAL CONSULTANT: Dr. Pauline Willis, USA, Dr. Gebhard Gehring MD Bavaria, Germany
DATE and PLACE: 2008 – 2013 Arizona, USA
SPONSORS:
SCIO International / Maitreya Kft.
INSTITUTIONAL MONITOR:
IMUNE / University of Timisoara (Victor Babes University of Medicine) Dr. Bacean Aurel MD

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Diagnosing and Treating Injured Tissue with the Energetic Medicine of the QXCI

The measurement of action potentials with electrodes placed on the surface of patients with injured or irritated tissue

by the QXCI staff 1993

ABSTRACT

In this report we review the detection and treatment of injured tissue. In our testing procedure we use measurements of multiple voltage potential, amperage potential, and resistance vectors. We can determine the potentials as normal or as diseased from the experiences of energetic medicine. Once detected the computer can then repair these injured tissue with proper TENS electrical stimulation. The QXCI device allows for detection and correction at biological speeds or in excess of one hundredths of a second.

ELECTRICAL PROFILE OF INJURED TISSUE

Multiple dissimilar metal electrodes are placed on the body. The potential difference seen by the potential indicator is zero. When the tissue has been excited electrically to the left of electrode A, when the wave of excitation reaches the region under electrode A, it becomes negative with respect to electrode B and the indicator rises. As the wave of excitation passes onward toward electrode B and occupies the region between the two electrodes, the region under A is recovered and that under B has not yet become excited. There is no voltage potential under these conditions. The first (upward) phase of the monophasic action potential is thus complete. While the wave of excitation occupies the region under electrode B, the excitation wave becomes negative with respect to A, and hence the potential indicator will fall. Recovery occurs as the wave of excitation passes B, the membrane potential is re-established. The potential indicator reads zero. The downward phase of the action potential is thus complete. The time between onset of the action potentials is set by the velocity of propagation in the tissue and the spacing interval of the electrodes. As we reduce the inter-electrode distance, the two monophasic action potentials will be closer to each other. The time factors are such that excitation occurs under electrode B before recovery is complete under A, so a smaller action potential results.

Electrodes detecting voltage potential
A — B << Excitation

Skin surface wave propagation to left

This applies also to an isolated single strip or bundle of irritable tissues having the same propagation velocity. If the tissue consists of a bundle of fibers having different velocities of propagation,
Trauma Sport Pain Electro Healing With SCIO

Written by Jozsef Mezei MD from Sighisoara, Romania

STUDY INFORMATION:
SUPERVISING RESEARCHERS: Dr. Danis György, MD, Dr. Hilf Klara MD
Licensed Hungarian Medical Doctors
DATES: July 2011
SPONSOR:
Maitreya Kft.
MONITOR:
IMUNE (International Medical University of Natural Education)

Abstract:

When we apply a micro charge electro-pulse through a process, Osmosis increases. The SCIO measures the body level of Voltage, Amperage, Resistance, Hydration, Oxidation and Ph (VARHOP). By stimulating an autofocusing cybernetic harmonic frequency to the body the SCIO can maximize the osmosis effect. Since it is through Osmosis that the cells bring nutrition and remove toxins, all of life’s processes are improved. Injury improves from the Electrical field stimulation of the SCIO. The SCIO send signals thru each extremity and the SCIO knows the difference between healthy signal return and injured signal return. The SCIO can use an autofocusing changing set of pulses to treat the injured tissue and stimulate and speed up natural recovery.

In this study 17 athletes were hit with a sport injury of the same strength on each leg one at a time. The one leg would get real SCIO therapy the other leg would get Placebo. After the SCIO or control treatment the athletes rated the pain in 10 min intervals till recovery was stable. The SCIO showed ability to lower pain after a slight sport injury quicker than placebo treatment. It is proposed that the increase in osmosis and the autofocused injury treatment pulse increases the body’s natural ability to deal with pain and heal.
The easiest and most effective treatment for inversion ankle sprains.

For decades now we have hammered the mantra of RICE to everyone who gets an ankle sprain. Rest, Ice, Compression, blah blah etc – wake me up in 6 weeks when you ankle injury finally starts to feel a little bit normal.
Although the RICE approach is good for treatment right after injury – there are much better options to treatment and resolution of ankle injuries.

What happens during an inversion ankle sprain?

Basically the foot gets folded under the ankle with the bottom of the foot facing your other ankle. It's the most common type of ankle sprain or injury. During this time the ligaments on the outside of your ankle and foot become stretched and the muscles stabilizing your heel become inhibited or shut off. This is why after an ankle sprain you don’t just have pain you have problems bearing weight – if the muscles weren’t shut off you would be able to bear weight more easily. So, RICE only focuses on the swelling and never addresses the muscles that need to be activated or “turned back on” for the injury to heal. Therapies like ultrasound, ice baths, laser also do nothing to restore the inhibited muscles.

What’s the best approach?

Well there are many things you can do but I will share with you what gets me 100% results every time. **FIRST: The best results occur if the patient comes in within 24 hours of the injury. If you wait even 3 or 4 days it will add 4-6 weeks to your rehab and treatment.** I focus on restoring the inhibited muscles that support the ankle (sub-talar joint). I have created a sure-fire system that is able to pinpoint motor points (the point where the nerve comes in contact with the muscle) in muscles using easy to apply simple measuring tools. Most motor point approaches are inconsistent to reproduce and almost all of them use traditional Chinese meridians but this is simple and reproducible. Anyway I use the pointer plus to easily locate the motor point of the tibialis posterior and peroneus longus which become inhibited during trauma. Other muscles which become inhibited are the gluteus
medius and the TFL. I located these inhibitions using EXSTORE (www.exstore.ca) so i can quickly move on to treatment which you will read below.

Case 1

25 year old professional boxer acute inversion sprain:

The patient walked in on crutches from an injury that occurred about 18 hours prior. X-rays were normal. I used acupuncture and needled and stimulated the tib post and peroneus longus motor point using the pointer plus. I then hooked the needles up to low frequency stimulation (1-2hz) for a period of 12 minutes. Then I cleared adhesions and scar tissue from the fascia of the peroneus longus using a jade or guasha tool (you can use graston etc) for about 4-5 mins. The patient walked out without crutches and was almost 100%.

I'm not sharing this with you to be impressive, i’m sharing because I think it can make your patient (and you) achieve outstanding clinical results. Doing something like this not only helps patients but it is a practice builder.

My assessment and treatment approach is research based and I get to practice it every week in practice. Below are some references correlating to motor inhibition.

Focus on restoring dysfunction and you will go places. Focusing on the area of pain will get you nowhere.

References


I am working with a patient that has archnoiditis (I am an acupuncturist) due to an 'unsuccessful back surgery' where the spinal cord was nicked and the CSF was compromised with blood. This was 16-months ago. Archnoiditis is considered incurable and very painful (neuropathy so intense that suicide rates are pretty high due to the pain) and naturally the doctor will not even speak to my client anymore. I have been utilizing my Indigo system with great results. Desire Dubounet can you help with more specialized information for addressing the condition as there are currently 25% of all back surgeries that are considered 'unsuccessful'. It will help me and maybe many others dealing with 'unsuccessful back surgeries'. Thanks!

DrJulie A. Trudeau Aloha I have almost 30 years of experience with a background in chiropractic to which I have evolved from the static principles and practice. Much pain can be resolved by the client with the intelligent application of ice to reduce nerve irritation which creates some space for the csf to bathe the nerves as they should. It is important for the client psychologically to gain some degree of control of their pain as it is unimaginable to suffer helplessly. Gentle breathing with conscious movement of the diaphragm, while imagining the oxygen going to the places of pain will also be another side effect free way for the client to gain more control of their pain. Suggest they start a pain diary. Rate the level of their pain before and after applications of ice and breathing. The reduction of swelling of nerve roots along the spine will elicit some degree of relief. Unless people nurse their nerve inflammation on a daily basis, it can spread. The level of therapy today is compressive and runs the risk of micro trauma. This is not suggested. I have developed a decompression technique which is more safe and effective. After client has successfully reduced swelling and pain, suggest they do gentle stretching as the body dictates to elongate the spine. The simple act of raising the arms several times a day will be a safe thing under the circumstances, only after irritation is reduced. The nervous system is like an electric fence that demands freedom. Pain is a gift, as it's telling the client where to apply ice and helping to not irritate things further. When the nerves have me mechanical or chemical irritation, there is pain. To create
SPACE for the nerves is the Viable solution. Doing things to create space by stretching after irritation is reduced with ice will create space. Also whatever things will cleanse the system gently will decrease chemical irritation. Increasing the quality of water and gentle breathing are a good start. These suggestions may seem elementary, but unless client can shrink nerve swelling, they may suffer the test of their life with the ensuing degeneration of the area. I don't touch clients until they reduce inflammation. This provides a safe environment to decompress the body. Even going through the day with nerve irritation is inviting more. Before bed is essential to apply ice to pain, then upon arising, and the spins stretched when lying down. If there is preexisting irritation, it will be worse after laying down and getting up

Desire Dubounet http://indavideo.hu/video/IMUNE_on_Pain_Therapy
http://www.downloads.imune.net/.../PAIN%20and%20Quantum...

IMUNE on Pain Therapy

Angel Volturno Dandy Hi Julie. Thanks for the information. I would love to chat offline with your regarding your experience with archnoiditis. I am not certain the ice would help him though since his deficiencies (Blood, Qi, oxygen, and especially Essence) are causing more cold in the channels and it is chronic, but I am always willing to listen, learn and share. He had a great loss of CSF on 2 different occasions and we are working to address that as well. I sent a FB friend request.

DrJulie A. Trudeau It's very important to reduce nerve root swelling otherwise ni matter what anyone does, there will be pain and degeneration. Expanding the spine will create a larger reservoir for the csf and tree of life, setting up conditions for the csf to increase naturally. Have client bundle up and have heater blowing on them while an ice pack is on the greatest area of pain. The cell renewal process is a crystallization process. Ice begins to crystallize and organise the ruptured tissues besides create space for nerves which will reduce mechanical irritation. No therapy can reduce nerve swelling. Only ice can. Becawate of digging or compression therapies which may cause micro trauma. Why make more work for the body ..... Any therapy performed with inflammation is like trying to dry something with a wet towel or like trying to glue something on a wet surface. The csf is mildly magnetic. Once nerve swelling is reduced, as indicated by some reduction of pain, magnets can stimulate the csf. I test client for cancer risk first. If client has cancer risk, do not use magnets unless you repair genes and address emotional and chemical and dietary components as indicated. After client tests with no cancer risk, have client lay or sit on a magnetic blanket. Unless you know what you are doing with the magnetic poles or can see the energies and sense the flow of blood and csf, magnetic therapy is not advised. A general magnetic blanket will coax the csf from the depths of the brains chambers and central canal, out of the spine and to the extremities. Only the csf can unite the body as a whole. It is the basis of all energetic systems, as the electrolytes conduct the vital force and crystalline nature gives a piezoelectrical effect as well. Unless the csf is circulating, meridian therapy will have limited results. Too bad I am not in your location, as the csf is my specialty. Since the mind is a magnet as well, the clientcan be trained to circulate the csf with mental power. Watching my video of the process on my YouTube page will make it happen.

Go to
Playlist a has 6 clips ....clip 4 magnetic antigravity antipain antiageing therapy illustrates this flow .... The jellyfish swimming ... In the living waters ....Is a fun image of the nervous system as a whole or tree of life floating weightlessly in the csf .... Having client visualise this is the next best thing to me doing it.

doctorjulietrudeau

~ Anti Gravity Wellness Anti Ageing & Research ~ Dr. J. Trudeau delivers GENTLE and MEASURABLY...

- **Desire Dubounet** 3 min heat then 4 min ice , 5 min heat then 6 min ice , then 5 min heat and 7 min ice , always end with ice

- **DrJulie A. Trudeau** Decrease nerve swelling, increase csf flow and you will find you can correct thing energetically and get client out of chronic situation. Recall the Nelson Medicine method .... The 5 steps .... get nails out of tyre, seal holes in tyre, then fill it with air ( energy work ) then reduce pain naturally, then fine tune ....

  Acupuncture was used to keep people well who were already well. It's like a feather. Your client has a tricky condition. Other steps and tools must be used first before the feather can be effective

- **DrJulie A. Trudeau** The flow of csf is a self-purifying, distillation system. Once a decent tissue pressure is reestablished and the csf is siphoning better out if the spine, the csf will purify itself. Gentle breathing will safely accomplish this under these delicate circumstances we were taught the philosophy of what is wrong and we are to fix it * the deeper truth I have witnessed in the school of life is the magnificent design has its own intelligence. It's critical to honor this and act accordingly. The mind can only see and do so much. This is why Professor Desire Dubounet developed a super conscious solution, also to access this intelligence beyond the limitations of the verbal conscious mind. Listening to the intelligence of the client's body over all verbal conscious facts and deductions will decrease error profoundly. The quantum technology will indicate this. Instructing the client to do as their body is asking is very important over what anyone ' thinks '. Encourage client to listen and let their inner teacher be involved. Client gaining control over pain and condition and building confidence in their ability to manage things in between your chosen therapies is as important as your choice of protocol. Client must learn and gain trust in the natural process of regeneration, that which your therapies are stimulating and supporting. It is a karmic mistake to allow client to become dependent on you for economic or egotistic motivation. Unless you guide client to become mature in self-help, they may also blame you for unrealistic expectations. It's not all your responsibility to `.fix` it. The society and many people are still conditioned to this ...

  This is why Dr. Desire Dubounet stands on her head to provide such incredible and helpful information as Behavioural Medicine is so vital to the whole equation of really assisting people to get well, especially in challenging conditions
Use a Compress
1 min Heat
2 min Cold
3 min Heat
5 min Cold
8 min Heat
13 min Cold
always end with Cold.
This will set up an Expansion of the tissues followed by a Contraction. The Compress will hold in the swelling while the contraction - expansion will promote drainage of the bad tissue. The Fibronaci numbers will work with the energy of the body.
Lateral Collateral Ligament Sprain
Rehabilitation Exercises

- Passive knee extension
- Heel slide
- Straight leg raise
- Clam exercise
- Prone hip extension
- Wall squat
- Step-up
- Knee stabilization: A
- Knee stabilization: B
- Knee stabilization: C
- Knee stabilization: D
Medial Collateral Ligament Sprain
Rehabilitation Exercises

Knee stabilization: A
Knee stabilization: B
Knee stabilization: C

Knee stabilization: D
Wall squat

Step-up
Resisted terminal knee extension
Patellofemoral Pain Syndrome Exercises

- Hamstring stretch
- Patellar mobility
- Quadriceps isometrics
- Quadriceps stretch
- Straight leg raise
- Step-up
- Wall squat with ball
- Resisted knee extension
- Knee stabilization

PaineBehindKneeCure.com
Posterior Cruciate Ligament Sprain Exercises

- Quadriceps isometrics
- Quadriceps isometrics in chair
- Straight leg rise
- Knee stabilization
- Wall squat with ball
- Step-up

Medial Collateral Ligament Sprain Exercises

- Heel slide
- Sitting hip abduction isometrics
- Straight leg raise
- Wall slide
- Resisted knee extension
- Passive knee extension
- Prone knee bends
- Step-up
- Knee stabilization
Desiré is the Professor Emeritus of IMUNE. IMUNE is an accredited and legally registered medical university in Europe.

Since 1995 IMUNE has been offering medical education in a variety of subjects to defend and perpetuate Natural Medicine. There are many small minded people being driven by the synthetic chemical companies to destroy Natural Medicine as a viable choice in Medicine. IMUNE has offices in Switzerland, Mexico, Dubai, Budapest, England, and the British Virgin Islands. The small petty minded picayune minions of the chemical companies constantly attack with their anal retentive biased short sided views. We must fight for freedom of choice and especially freedom of choice on medicine.

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