

Preface

This book is intended for all sports medicine practitioners, coaches, teachers, athletes (including games players and exercisers) and dancers who wish to use homoeopathic medicine. Many already do so, but in a limited way, relying on two or three well-tried remedies for specific acute conditions. It will also be of relevance for homoeopaths in their management of patients with sports, exercise and dance injuries. The material in this book will enable the user to expand his or her knowledge of this effective system of medicine, and to deliver a faster and more complete healing after injury.

Homoeopathy is simple until it becomes complicated, and I have done my best to keep it simple. It has been necessary to delve into the principles and background in order to help the reader understand homoeopathy in a way that is deeper than merely using a handbook to look up a condition and pick a remedy. This understanding will make the reader a more effective and confident prescriber.

The book is presented in two sections. The first explains homoeopathy and its development from a sports, exercise and dance point of view.

The second section looks at using homoeopathy to treat injury with regard to first contact, regional injuries and the common complaints that beset active people. With its descriptions of our remedies and a detailed index of conditions and remedies, this section can be regarded as a therapeutic handbook for choosing the best remedy. In conclusion, it examines ways in which performance may be improved.