

# Sprains and Strains

Treating sprain and strain injuries in your pet is straight forward using the remedies in your home kit to heal injuries and reduce any soreness. Attending to injuries promptly with indicated remedies helps reduce the degree of damage and promote rapid healing.

**Arnica**: THE remedy for any accidents, sprains and strains and should be in every animal first aid kit. Arnica is especially suited to horses because they have such a physically focused life and many of their ailments are related to injury, overstrain or imbalance of the musculoskeletal system. Appears as if 'sore and bruised' and does not want to be touched.



**Bryonia**: Joints red, hot and swollen. Pain much worse for movement. Irritable and wants to keep very still. Often needed after Arnica to help reduce bruising and swelling. Prefers cold applications.

**Ledum**: Switch to using Ledum, from Arnica if the joint looks black with bruising especially if the joint feels cold and swelling remains.

**Rhus tox**: Painful stiffness from overstrain or getting wet while hot. Better from continued movement although initially stiff and worse after lying or sitting. Heat relieves and cold aggravates.

**Ruta grav**: Sprains and strains of joints. Injuries where bones are close to the surface, e.g. shin. Stiffness, pain and weakness in the joints.

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