

Broken Bones

When your animal has been involved in an accident, especially involving broken bones reach for your remedy kit to support the repair process. The following remedies may be helpful to support calcium metabolism, reduce pain and assist with repair of the fractured bone.

Arnica: First remedy to think of in any accident; it promotes wound healing and alleviation of any stress or trauma carried over from the injury or any surgery required. Continue as needed and alternate with other indicated remedies.

Bryonia: Most notably the animal is irritable, wants to lie completely still and be left alone. Pain is much worse from movement. Often needed after or with **Arnica** and alternated with **Rhus tox** to help reduce bruising, swelling and pain.

Hypericum: For injury to nerve fibres, especially crush injuries – paws, tail etc. Reduces pain and addresses nerve damage. Shooting sharp pains. Use in combination with **Arnica**, especially after surgery, and repeat often for pain.

Rhus tox: Painful stiffness especially around joints. *Better* - movement & *worse* after lying or sitting, with stiffness and difficulty in getting up and moving. Alternate **Rhus tox** and **Bryonia** to relieve pain.

Ruta grav: Injury and surgery involving ligaments, cartilage and/or periosteum, or where bone is close to surface. Stiffness and pain in joints with a feeling of bruised weakness and weariness.

Ruta grav and **Rhus tox** alternated for non-union of the fracture despite good management.

Symphytum: Useful once the fracture is set to speed union of fractures especially where healing is slow. Not that you can easily get this from your animal but there is a sensation of irritable bone at point of fracture and prickly pains during healing.

Tissue Salts 6x (Calc fluor, Calc phos, Ferrum phos, Mag phos, Silica) a combination of low potency remedies selected to help the body recover and repair after trauma.

Delayed repair or non-union of bone within a reasonable period may indicate a constitutional weakness or block to healing indicating a need for a consultation with your homoeopathic vet.

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Repetition of doses: As a general rule you should reduce the doses of a remedy as it starts to act and not continue once the situation has resolved.

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