

Muscle Sprains and Strains and Homoeopathy

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Definition

- **Sprain-** A sprain is abnormal stretching or tearing of a ligament.
- **Strain-** A strain is abnormal stretching or tearing of a muscle or tendon.

Causes

- Over reaching
- Over pulling
- Weight lifting /carrying
- Physical stress

Mechanism

Sprains and strains happen when the body is set under physical stress. In these circumstances, muscles and joints are forced to execute movements for which they are not prepared or considered. An injury can occur from a single stressful incident, or it may progressively take place after many recurrence of a motion. Typically, the mechanism of injury involves placing the muscle, tendon or ligament under disproportionate stretching, causing harm to their fibres.

Sign and Symptoms

Pain, appearing slowly or suddenly.

Local tenderness.

Inflammatory changes, producing malaise and fever.

Spasm of the surrounding muscles of the injured area where hard knots of muscle might appear.

Pain, mild to severe, even causing immobilization.

The combination of pain, swelling, and spasm causes the body to further protect the injured part, which results in difficulty with use.

Bleeding into injured area.

Rarely, fractures of the bones under strain.

Types of strains

Grade 1

When there is only stretching of a few of the muscle fibres.

Grade 2

In this case, injury is more significant damage.

Grade 3

When injury is complete rupture of the muscle.

Types of sprains

Grade 1

When fibres of the ligament are stretched.

Grade 2

Where part of the ligament is torn.

Grade 3

When the ligament is completely torn or ruptured.

Diagnosis

By physical examination.

X Ray, CT scan or MRI to exclude bony fractures, bleeding etc. if the condition is severe.

Creatine phosphokinase or CPK may be raised in blood.

Treatment

- RICE- rest, ice, compression, and elevation.
- Most sprains and strains resolve with time, but occasionally other treatment, including physical therapy and surgery, may be required.
- Homoeopathy medicines are wonderfully helpful in decreasing the pain and inflammation of the injury.

Sprains and Strains in General

abies-c. abies-n. abrot. acet-ac. **Acon.** **Aesc.** **Agar.** agath-a. **AGN.** alet. all-s. **Aloe** **ALUM.** alun. alum-sil. **Ambr.** **Am-c.** am-m. am-p. amyg-p. **ANAC.** androc. anemps. ang. ant-c. ant-t. **Apis** arge-pl. **Arg-met.** **ARG-N.** arist-cl. **ARN.** **Ars.** ars-s-f. **Arum-t.** **Asaf.** asar. asc-t. aspar. **Aur.** aur-m. bamb-a. bar-c. **Bell.** **BELL-P.** benz-ac. berb. beryl. **Bit-ar.** **Borx.** **Bov.** brass-n-o. bros-gau. **BRY.** **CALC.** calc-f. **Calc-p.** **Calc-s.** calc-sil. calen. **Camph.** canth. caps. carb-ac. **CARB- N.** **Carbn-s.** **Carb-v.** carl. castor-eq. **Caust.** cench. **Cham.** **Chel.** **Chin.** chinin-s. **Cic.** **Cina** cinnb. cist. clem. cob. **Coca** **Cocc.** cod. **Coff.** **Coloc.** **CON.** conch. cop. **Cor-r.** **croc.** **crot-t.** **Cupr.** cur. **Cycl.** cystein-l. des-ac. dig. dios. dioxi.

dream-p. **Dros.** **Dulc.** elaps **Euph.** **Eup-per.** **Ferr.** ferr-m. ferr-ma. ferr-p. **Ferr-s.** fic-m. fl-ac. **Form.** galeoc-c-h. gamb. gels. gent-l. get. glon. gran. **GRAPH.** grat. guaj. **Ham.** hell. hell. helon. **Hep.** hipp. hydr. hydrog. hyos. **Hyper.** hypoth. **Ign.** **Ind.** indg. **Iod.** ip. jug-c. jug-r. **Kali-bi.** **Kali-c.** kali-i. kali-m. **Kali-n.** kali-sil. **Kalm.** **KREOS.** lac-c. **Lach.** lachn. lact. laur. **LED.** **Lil-t.** lith-c. **LYC.** lyss. **Mag-c.** mag-m. maland. mang. **M-aust.** med. melal-alt. meny. **Merc.** merc-c. merc-i-r. mez. **MILL.** mosch. **Mur-ac.** musca-d. nat-ar. **NAT-C.** **NAT-M.** nat-p. nat-s. nicc. nicc- et. **Nit-ac.** nux-m. nux-m. **NUX-V.** ol-an. **Olnd.** onos. **Op.** ovi-p. **Ox-ac.** ox-ac. oxal-a. pall. par. pert-vc. **PETR.** petr-ra. **Ph-ac.** **PHOS.** phys. phyt. pin-con. **PLAT.** plat. plb. plut-n. **Podo.** polyg-h. polyg-pe. prot. **Prun.** psil. psor. **PULS.** pyrog. rad-br. ran-b. rat. rat. Rheum **Rhod.** rhus-g. **RHUS-T.** rhus-v. rob. rumx. **RUTA** **Sabin.** samb. sang. sanic. sarr. sars. **Sec.** sel. seneg. **Sep.** **SIL.** sin-a. sol-ni. sol-t-ae. **Spig.** spong. **Stann.** **Staph.** **STRAM.** **Stront-c.** sul-ac. **SULPH.** sumb. **Symph.** tab. tarax. tarent. **Tell.** tep. ter. tere-la. ther. thiam. **Thuj.** til. trios. tritic-vg. ulm-c. **VALER.** vanil. verat. verat-v. **Verb.** vesp. vib. zinc.

Homoeopathic Remedies in decreasing order of indications

Rhus tox > Arnica > Ruta > Valer > Calc > Lyc > Phos > Petr > Caust > Puls > Sil > Nat m > Nux v > Con > Graph > Rhod > Arg n > Sep > Bry > Verb v > Stron c > Ign > Agar > Led > Nit ac > Thuja > Lach > Ambr > Ars > Stann > Spig > Carb an > Alum > Bell > Staph > Am c > Nat c > Calc p > Prun > Anac > Cycl > Arg met > Hep > Mur ac > Kali n > Kreos > Mez > Psor > Cocc > Chin > Bov > Mag c > Aloe > Am m > Bar c > Bell p > Aesc > Kali c > Cham > Euph > Kali bi > Tell > Merc > Coloc > Plat > Bit ar > Podo > Agn > Laur > Zinc > Hyper > Mill > Ph ac > Camph > Olnd > Berb > Dig > Seneg > Kalm > Ox ac > Iod > Chel > Acon > Ferr > Borax > Dulc > Stram > Alumn > Ang > Lachn > MAng > Med > Nicc > Plb > Sul ac > Verat > Dros > Symph > Cupr > Sabin > Asaf > Ant t > Arist cl > Asar > Aur m > Bamb a > Calc f > Calc sil > Caps > etc...

Short Repertory of Sprains and Strains

ABDOMEN - PAIN - Hypogastrium - stool - straining at - agg. - cutting pain **sulph.**
 ABDOMEN - PAIN - Ilium - left - stooping agg. - sprained; as if **stann.**
 ABDOMEN - PAIN - Inguinal region - sprained; as if **agar. am-m. calc. euph. hydr. nat-m. tarax.**
 ABDOMEN - PAIN - Inguinal region - stooping - agg. - sprained; as if **ars.**
 ABDOMEN - PAIN - Liver - sprained; as if **kali-c. lyc.**
 ABDOMEN - PAIN - Liver - stooping - agg. - sprained; as if **kali-c.**
 ABDOMEN - PAIN - Muscles - sprained; as if **hyos. valer.**
 ABDOMEN - PAIN - Pubic region - Mons pubis - sprained; as if **staph.**
 ABDOMEN - PAIN - Pubic region - sprained; as if **staph.**
 ABDOMEN - PAIN - Pubic region - urination - after - agg. - sprained; as if **staph.**
 ABDOMEN - PAIN - sprained; as if **am-m. ambr. anac. Apis** **arn. carb-v. dulc. hyos. ign. Nux-v. plat. rhus-t. thuj. valer.**
 ABDOMEN - PAIN - stool - straining at - agg. - sore **SIL.**
 ABDOMEN - PAIN - stool - straining at - agg. **acon. Aloe apis bell. bry. podo. ruta**
 ABDOMEN - STOOL - straining at - agg. **aloe**
 BACK - PAIN - Cervical region - bending - head - backward - agg. - sprained; as if **lachn.**
 BACK - PAIN - Cervical region - extending to - Scapula - left - sprained; as if **pert-vc.**
 BACK - PAIN - Cervical region - left - sprained; as if **asar. Con. pert-vc.**
 BACK - PAIN - Cervical region - looking - downward or upward agg. - sprained; as if **dioxi.**
 BACK - PAIN - Cervical region - right - sprained; as if **dioxi.**
 BACK - PAIN - Cervical region - rising - stooping; from - agg. - sprained; as if **nicc.**
 BACK - PAIN - Cervical region - sprained; as if **Agar. Ars. Calc. cinnb. Con. dioxi. kali-n. lachn. lyc. nat-m. nicc. Ruta sep. Sulph.**
 BACK - PAIN - Cervical region - turning - head - agg. - sprained; as if **lachn. pert-vc.**

BACK - PAIN - Cervical region - turning - head - right agg.; to - sprained; as if **dioxi**.
 BACK - PAIN - Coccyx - stool - after - agg. - sprained; as if **grat**.
 BACK - PAIN - Dorsal region - Scapulae - Between - sprained; as if **am-m. bell. nux-v. petr. sep. stann.**
 BACK - PAIN - Dorsal region - Scapulae - sprained; as if **bar-c. chel. chin. coloc. kali-c. mur-ac. nux-v. petr. sulph.**
 BACK - PAIN - extending to - Hypochondrium - left - sprained; as if **lyc**.
 BACK - PAIN - left - sprained; as if **con. lyc**.
 BACK - PAIN - Lumbar region - afternoon - sprained; as if **sep**.
 BACK - PAIN - Lumbar region - evening - bed agg.; in - sprained; as if **sep**.
 BACK - PAIN - Lumbar region - extending to - Abdomen - sprained; as if **lach**.
 BACK - PAIN - Lumbar region - extending to - Gluteal muscles - sprained; as if **Aesc**.
 BACK - PAIN - Lumbar region - extending to - Hips - Above hip - sitting and standing; on - sprained; as if **VALER**.
 BACK - PAIN - Lumbar region - extending to - Hips - afternoon and evening - sprained; as if **sep**.
 BACK - PAIN - Lumbar region - Flanks - sprained; as if **am-m**.
 BACK - PAIN - Lumbar region - morning - bed agg.; in - sprained; as if **petr**.
 BACK - PAIN - Lumbar region - morning - rising - agg. - sprained; as if **arg-n**.
 BACK - PAIN - Lumbar region - morning - sprained; as if **arg-n. petr**.
 BACK - PAIN - Lumbar region - motion - agg. - sprained; as if **caust. kali-bi. PULS**.
 BACK - PAIN - Lumbar region - sitting - agg. - sprained; as if **hep. melal-alt. petr. VALER**.
 BACK - PAIN - Lumbar region - sneezing agg. - sprained; as if **sulph**.
 BACK - PAIN - Lumbar region - sprained; as if **agar. arg-met. arg-n. ARN. CALC. Con. gamb. Lach. mur-ac. ol-an. petr-ra. PULS. Rhod. RHUS-T. Sep. Staph. sulph. VALER**.
 BACK - PAIN - Lumbar region - standing - agg. - sprained; as if **VALER**.
 BACK - PAIN - Lumbar region - stepping agg. - sprained; as if **Sulph**.
 BACK - PAIN - Lumbar region - stool - urging to - during - sprained; as if **sin-a**.
 BACK - PAIN - Lumbar region - stooping - agg. - sprained; as if **ars. ol-an**.
 BACK - PAIN - Lumbar region - stretching out - sprained; as if **calc**.
 BACK - PAIN - Lumbar region - turning - body - agg. - walking; when - sprained; as if **hep**.
 BACK - PAIN - Lumbar region - walking - amel. - sprained; as if **staph**.
 BACK - PAIN - nap; after - sprained; as if **phos**.
 BACK - PAIN - right - sprained; as if **bell**.
 BACK - PAIN - Sacral region - lameness - lifting; as from - straining; or as from **RHUS-T. staph**.
 BACK - PAIN - Sacral region - stool - straining at - agg. **Agar. Carb-an. Tell**.
 BACK - PAIN - Sacrum - morning - bed agg.; in - sprained; as if **petr**.
 BACK - PAIN - Sacrum - sitting - agg. - sprained; as if **petr**.
 BACK - PAIN - Sacrum - sprained; as if **agar. Calc. lach. ol-an. rhod. sulph**.
 BACK - PAIN - Spine - sprained; as if **mag-m**.
 BACK - PAIN - Spine - Vertebrae - sprained; as if **bell. cinnb**.
 BACK - PAIN - sprained; as if **agar. am-m. arg-n. Arn. Bell. CALC. con. GRAPH. kali-c. lyc. mur-ac. nux-v. olnd. petr. Puls. rhod. RHUS-T. sep. sulph**.
 BACK - PAIN - straining; from **aesc. calc-p. calc-s**.
 BACK - PAIN - writing - after - sprained; as if **mur-ac**.
 BACK - PERSPIRATION - stool agg.; straining at **Kali-bi**.
 BACK - STRAINING; easily - Cervical region **calc**.
 BACK - STRAINING; easily - Lumbar region **ant-t. med**.
 BACK - STRAINING; easily **ant-t. arge-pl. arn. borx. calc-p. CALC. caust. chin. cocc. GRAPH. hydrog. iod. LYC. Mur-ac. nat-c. nit-ac. Nux-v. Olnd. ph-ac. phos. pin-con. RHUS-T. sang. Sep. Sil. stann. sulph**.
 BLADDER - PAIN - straining; while **phos**.
 BLADDER - URINATION - interrupted - straining, then flows easily after he relaxes; despite **clem. con**.

BLADDER - URINATION - involuntary - stool - straining at - agg. [abies-c.](#) [Alum.](#) [Lil-t.](#) [podo.](#) [tritic-vg.](#)

BLADDER - URINATION - retarded, must wait for urine to start - drops of urine pass; after great straining a few - followed by - full stream, with pain; a - dribbling urine; after this sometimes [clem.](#)

BLADDER - URINATION - retarded, must wait for urine to start - press a long time before he can begin; must - continue; must - breathe the urine ceases to flow until he strains again; if he stops to [nat-p.](#) [Stram.](#)

BLADDER - URINATION - retarded, must wait for urine to start - press a long time before he can begin; must - painful and frequent urination - sit and strain a long time after which a few drops fall; with disposition to [abies-n.](#)

BLADDER - URINATION - retarded, must wait for urine to start - urination; a cutting with ineffectual straining, that stops the flow before [ph-ac.](#)

BLADDER - URINATION - urging to urinate - ineffectual - strain, stool and urine pass involuntarily; but as soon as he ceases to [Arg-n.](#)

CHEST - ANGINA pectoris - straining; from [Arn.](#) [carb-an.](#) [caust.](#)

CHEST - PAIN - Axillae - sprained; as if [dros.](#) [mang.](#)

CHEST - PAIN - breathing - deep - agg. - Heart - sprained; as if [berb.](#) [borx.](#) [Iod.](#) [Spig.](#)

CHEST - PAIN - breathing - deep - agg. - sprained; as if [agar.](#) [Arn.](#)

CHEST - PAIN - External chest - sprained; as if [arn.](#) [bell.](#) [cocc.](#)

CHEST - PAIN - Heart - Region of - sprained; as if [thuj.](#)

CHEST - PAIN - Heart - sprained; as if [ant-t.](#)

CHEST - PAIN - Sides - left - Lower part - motion of arm agg. - sprained; as if [caust.](#)

CHEST - PAIN - Sides - left - sprained; as if [lyc.](#)

CHEST - PAIN - Sides - left - Upper part - sprained; as if [spig.](#)

CHEST - PAIN - sprained; as if [agar.](#) [Arn.](#) [aur-m.](#) [aur.](#) [caps.](#) [caust.](#) [cocc.](#) [dulc.](#) [Kalm.](#) [lyc.](#) [petr.](#) [plat.](#) [rhod.](#) [spig.](#) [sulph.](#) [tell.](#) [thuj.](#)

CHEST - PAIN - standing - agg. - sprained; as if [aur-m.](#)

CHEST - PAIN - Sternum - sprained; as if [rumx.](#)

CHEST - PAIN - straining, lifting - sore [alum.](#)

CHEST - PALPITATION of heart - strain of the heart [Arn.](#) [borx.](#) [Caust.](#) [coca](#)

CHEST - STRAIN - Heart - had been strained; as if [ant-t.](#)

CHEST - STRAIN - Heart - violent exertion; strain of the heart from [Arn.](#) [Caust.](#) [Nat-m.](#) [Rhus-t.](#)

COUGH - STRAINING - children; in irritable [bell.](#)

COUGH - STRAINING [aspar.](#) [caust.](#) [Chel.](#) [cocc.](#) [croc.](#) [Cupr.](#) [ip.](#) [lach.](#) [led.](#) [nux-v.](#) [par.](#) [phos.](#) [rhod.](#) [rhus-t.](#) [sel.](#) [thuj.](#)

EAR - NOISES in - roaring - stool - straining at - agg. [lyc.](#)

EXTERNAL THROAT - PAIN - head backwards and towards the left; when turning the - sprained; as if [agar.](#)

EXTERNAL THROAT - PAIN - left - sprained; as if [Con.](#) [sars.](#)

EXTERNAL THROAT - PAIN - Sides - sprained; as if [podo.](#)

EXTERNAL THROAT - PAIN - sprained; as if [petr.](#)

EXTERNAL THROAT - SPRAINED sensation - lying - back; on - must lie on the back [lac-h.](#)

EXTERNAL THROAT - SPRAINED sensation - lying - side; on - agg. [lac-h.](#)

EXTERNAL THROAT - SPRAINED sensation [carb-an.](#) [lac-h.](#)

EXTERNAL THROAT - STRAINING muscles [sep.](#)

EXTREMITIES - INJURIES - Hand - sprain [ARN.](#) [Bell-p.](#) [Calc.](#) [Rhus-t.](#) [Ruta](#)

EXTREMITIES - INJURIES - Shoulders - straining, after [Rhus-t.](#)

EXTREMITIES - LAMENESS - Ankles - sprain, after [des-ac.](#) [Rhus-t.](#) [RUTA](#)

EXTREMITIES - LAMENESS - Joints - sprain, after [calc.](#) [RHUS-T.](#) [RUTA](#)

EXTREMITIES - LAMENESS - Wrists - sprain, after [hipp.](#) [RHUS-T.](#) [RUTA](#)

EXTREMITIES - PAIN - Ankles - bending from side to side agg. - sprained; as if [caust.](#)

EXTREMITIES - PAIN - Ankles - edema, with - sprained; as if [Stront-c.](#)

EXTREMITIES - PAIN - Ankles - evening - sprained; as if [gran.](#)

EXTREMITIES - PAIN - Ankles - evening - walking agg. - sprained; as if **verat**.
 EXTREMITIES - PAIN - Ankles - false step; at a - sprained; as if **caust**.
 EXTREMITIES - PAIN - Ankles - flexion - sprained; as if **chinin-s**.
 EXTREMITIES - PAIN - Ankles - inflamed - sprained; as if **abrot**.
 EXTREMITIES - PAIN - Ankles - left - sprained; as if **asc-t. brass-n-o. dream-p. plut-n**.
 EXTREMITIES - PAIN - Ankles - lying - bed; in - agg. - sprained; as if **aloe**
 EXTREMITIES - PAIN - Ankles - morning - rising - after - agg. - sprained; as if **rheum**
 EXTREMITIES - PAIN - Ankles - morning - rising - after - walking about; and - agg. - sprained; as if **camph**.
 EXTREMITIES - PAIN - Ankles - morning - rising - agg. - sprained; as if **dig. nat-s. nit-ac**.
 EXTREMITIES - PAIN - Ankles - morning - sprained; as if **plb**.
 EXTREMITIES - PAIN - Ankles - morning - standing agg. - sprained; as if **coca**
 EXTREMITIES - PAIN - Ankles - morning - walking - agg. - sprained; as if **ign. nux-v. plb. psor**.
 EXTREMITIES - PAIN - Ankles - morning - walking - impossible - sprained; as if **dig. nat-s**.
 EXTREMITIES - PAIN - Ankles - motion - agg. - sprained; as if **cocc. zinc**.
 EXTREMITIES - PAIN - Ankles - motion - amel. - sprained; as if **bit-ar**.
 EXTREMITIES - PAIN - Ankles - night - standing agg. - sprained; as if **coca**
 EXTREMITIES - PAIN - Ankles - room - amel. - sprained; as if **graph**.
 EXTREMITIES - PAIN - Ankles - running upstairs - sprained; as if **VALER**.
 EXTREMITIES - PAIN - Ankles - sitting - agg. - sprained; as if **plut-n**.
 EXTREMITIES - PAIN - Ankles - sitting - amel. - sprained; as if **cycl**.
 EXTREMITIES - PAIN - Ankles - sprained; as if - paroxysmal **hep**.
 EXTREMITIES - PAIN - Ankles - sprained; as if **agar. all-s. aloë ANAC. ang. ant-c. ARN. ars. asc-t. bar-c. calc-sil. Calc. camph. carb-v. caust. chel. chin. chinin-s. coca cocc. cycl. des-ac. dig. dream-p. dros. eup-per. fl-ac. gran. graph. hell. hep. ign. kali-bi. kali-n. laur. LED. lyc. Merc. mosch. nat-c. nat-m. nat-s. nit-ac. nux-v. ph-ac. Phos. plat. plb. Prun. psor. puls. rhus-g. RHUS-T. RUTA sep. Sil. Stront-c. sulph. tep. thuj. Valer. verat. zinc**.
 EXTREMITIES - PAIN - Ankles - standing - agg. - sprained; as if **chinin-s. cycl. sulph. VALER**.
 EXTREMITIES - PAIN - Ankles - stepping agg. - left foot; with - sprained; as if **ANAC**.
 EXTREMITIES - PAIN - Ankles - stooping agg. - sprained; as if **cycl**.
 EXTREMITIES - PAIN - Ankles - stretching - agg. - sprained; as if **dig**.
 EXTREMITIES - PAIN - Ankles - walking - agg. - sprained; as if **caust. cycl. Dros. fl-ac. petr-ra. Phos. psor. puls. sulph**.
 EXTREMITIES - PAIN - Ankles - walking - air agg.; in open - sprained; as if **graph**.
 EXTREMITIES - PAIN - Ankles - walking - amel. - sprained; as if **VALER**.
 EXTREMITIES - PAIN - Ankles - walking - beginning to walk - continued walking amel. - sprained; as if **plut-n**.
 EXTREMITIES - PAIN - chronic - sprained; as if **Stront-c**.
 EXTREMITIES - PAIN - Elbows - left - sprained; as if **psil**.
 EXTREMITIES - PAIN - Elbows - right - sprained; as if **gels**.
 EXTREMITIES - PAIN - Elbows - sore - strained; as if **beryl**.
 EXTREMITIES - PAIN - Elbows - sprained; as if **Ambr. cur. ferr-m. gels. lach. mang. nicc. puls. tab. tell**.
 EXTREMITIES - PAIN - Feet - Back of feet - sprained; as if **bar-c**.
 EXTREMITIES - PAIN - Feet - Heels - sprained; as if **euph. laur. led**.
 EXTREMITIES - PAIN - Feet - left - sprained; as if **hyper. sanic**.
 EXTREMITIES - PAIN - Feet - morning - sprained; as if **RHUS-T**.
 EXTREMITIES - PAIN - Feet - Soles - sprained; as if **cham. cupr. Cycl. mur-ac**.
 EXTREMITIES - PAIN - Feet - Soles - walking - amel. - sprained; as if **cycl**.
 EXTREMITIES - PAIN - Feet - sprained; as if **ang. ARN. ars. bar-c. berb. Bry. calc. Camph. carb-v. carb-n-s. caust. cop. crot-t. Cycl. dros. ferr-ma. Hep. hyper. Kalm. kreos. merc. nat-m. nux-v. petr-ra. phos. prot. prun. puls. RHUS-T. sanic. sil. sulph. til. valer. zinc**.
 EXTREMITIES - PAIN - Fingers - First - sprained; as if **alum. cham. lachn. spig. stann**.
 EXTREMITIES - PAIN - Fingers - Fourth - sprained; as if **lyc. nux-m. phos**.

EXTREMITIES - PAIN - Fingers - Joints - Proximal - sprained; as if nat-m.
 EXTREMITIES - PAIN - Fingers - Second - sprained; as if mag-c.
 EXTREMITIES - PAIN - Fingers - sprained; as if aloe graph. kali-n. nat-m. phos. puls. sulph.
 EXTREMITIES - PAIN - Fingers - Third - sprained; as if phos.
 EXTREMITIES - PAIN - Forearms - motion - agg. - sprained; as if galeoc-c-h.
 EXTREMITIES - PAIN - Forearms - sore - strained; as if
 EXTREMITIES - PAIN - Forearms - sprained; as if aur-m. led. nat-c. tab.
 EXTREMITIES - PAIN - Forearms - Wrist; near - sprained; as if Calc. galeoc-c-h. melal-alt.
 EXTREMITIES - PAIN - Hands - Back of hands - sprained; as if am-m. bar-c.
 EXTREMITIES - PAIN - Hands - drawing pain - sprained; as if nit-ac.
 EXTREMITIES - PAIN - Hands - Joints - motion - agg. - sprained; as if bamb-a.
 EXTREMITIES - PAIN - Hands - sprained; as if acon. Am-c. ambr. anac. Arn. bar-c. bov. Bry. CALC.
 Carb-an. carb-v. Caust. dios. hep. kali-n. kalm. nit-ac. phos. plut-n. prun. puls. rhod. Rhus-t. Ruta
 sabin. seneg. sil. sulph. thuj. verb. zinc.
 EXTREMITIES - PAIN - Hips - breathing - deep - agg. - sprained; as if nat-m.
 EXTREMITIES - PAIN - Hips - evening - sprained; as if cham. con. merc-i-r.
 EXTREMITIES - PAIN - Hips - extending to - Lumbar region - sprained; as if lyc.
 EXTREMITIES - PAIN - Hips - left - sprained; as if caust. laur. lyc. nat-m.
 EXTREMITIES - PAIN - Hips - morning - sprained; as if ars. kali-n. lyc.
 EXTREMITIES - PAIN - Hips - motion - agg. - sprained; as if ang. Euph. lyc. petr. sulph.
 EXTREMITIES - PAIN - Hips - night - sprained; as if ars.
 EXTREMITIES - PAIN - Hips - right - sprained; as if pall. rhod.
 EXTREMITIES - PAIN - Hips - rising - sitting; from - agg. - sprained; as if anac.
 EXTREMITIES - PAIN - Hips - sneezing agg. - sprained; as if arg-met.
 EXTREMITIES - PAIN - Hips - sprained; as if - paroxysmal caust.
 EXTREMITIES - PAIN - Hips - sprained; as if Aesc. am-m. Arg-met. Arn. ars. bamb-a. bar-c. Calc-p.
 Calc. Caust. cham. chin. Coloc. con. Euph. hep. Ign. ip. kali-n. laur. lyc. merc-i-r. mez. Nat-m. nit-ac.
 nux-v. petr. Phos. psor. Puls. Rhod. RHUS-T. rhus-v. sarr. seneg. sol-t-ae. stann. Sulph. tell.
 EXTREMITIES - PAIN - Hips - stepping agg. - sprained; as if arg-met. arg-n.
 EXTREMITIES - PAIN - Hips - sudden - sprained; as if lyc.
 EXTREMITIES - PAIN - Hips - Tubera ischiadica - sprained; as if hep. symph.
 EXTREMITIES - PAIN - Hips - walking - after - agg. - sprained; as if tell.
 EXTREMITIES - PAIN - Hips - walking - agg. - sprained; as if arg-met. calc. con. lyc. mez. rhod.
 stann.
 EXTREMITIES - PAIN - Hips - walking - air; in open - agg. - sprained; as if cham. hep. mez.
 EXTREMITIES - PAIN - Joints - motion - agg. - rapid motion - sprained; as if phos.
 EXTREMITIES - PAIN - Joints - sprained; as if agar. agn. alum. am-c. Ambr. arg-met. Arg-n. ARN.
 ars. Arum-t. bar-c. bell. Bry. Calc-p. Calc. caps. carb-ac. Carb-an. carb-v. Caust. cham. chel. chin.
 cocc. Con. Cor-r. dig. ferr. fl-ac. Graph. Ign. kali-c. Kali-n. kali-sil. Lach. LED. Lyc. mag-c. Merc.
 mez. Nat-m. nux-v. par. Petr. PHOS. Prun. PULS. ran-b. Rhod. RHUS-T. Ruta sabin. sars. Sep. sil.
 Spig. spong. Stann. staph. SULPH. thuj. valer. verat.
 EXTREMITIES - PAIN - Joints - walking - after - agg. - sprained; as if nit-ac.
 EXTREMITIES - PAIN - Knees - Above - sprained; as if ambr.
 EXTREMITIES - PAIN - Knees - ascending - stairs - agg. - sprained; as if nux-m.
 EXTREMITIES - PAIN - Knees - descending stairs agg. - sprained; as if nit-ac.
 EXTREMITIES - PAIN - Knees - evening - sprained; as if petr. sulph.
 EXTREMITIES - PAIN - Knees - extending to - Thigh - sprained; as if kali-n.
 EXTREMITIES - PAIN - Knees - forenoon - walking agg. - sprained; as if nat-c.
 EXTREMITIES - PAIN - Knees - heat; during - sprained; as if lach.
 EXTREMITIES - PAIN - Knees - left - sprained; as if ars. gent-l. sulph.
 EXTREMITIES - PAIN - Knees - lying - agg. - sprained; as if petr.
 EXTREMITIES - PAIN - Knees - lying down - amel. - sprained; as if Sulph.
 EXTREMITIES - PAIN - Knees - morning - rising - after - agg. - sprained; as if arg-met.
 EXTREMITIES - PAIN - Knees - morning - sprained; as if cod. sulph.

EXTREMITIES - PAIN - Knees - motion - agg. - sprained; as if arg-met. nux-m.
EXTREMITIES - PAIN - Knees - Patella - sprained; as if calc. cycl. kali-n. nit-ac.
EXTREMITIES - PAIN - Knees - right - sprained; as if arg-met. calc. fic-m. nat-c. nux-m. sulph.
EXTREMITIES - PAIN - Knees - rising - agg. - sprained; as if ars. kali-c.
EXTREMITIES - PAIN - Knees - rising - sitting; from - agg. - long time; sitting for a - sprained; as if kali-bi.
EXTREMITIES - PAIN - Knees - sitting - agg. - sprained; as if am-c. calc.
EXTREMITIES - PAIN - Knees - sprained; as if agar. am-c. arg-met. ars. Calc-p. calc. carbn-s. caust. chin. cod. con. elaps fic-m. gent-l. graph. hipp. Ign. kali-bi. kreos. Lach. Lyc. meny. nat-m. nit-ac. phos. prun. rhod. RHUS-T. rob. sars. spig. sulph.
EXTREMITIES - PAIN - Knees - stepping - agg. - sprained; as if plat. sulph.
EXTREMITIES - PAIN - Knees - stitching pain - sprained; as if Arn. petr.
EXTREMITIES - PAIN - Knees - sudden - sprained; as if lyc.
EXTREMITIES - PAIN - Knees - turning - leg agg. - sprained; as if am-c.
EXTREMITIES - PAIN - Knees - walking - after - agg. - sprained; as if tell.
EXTREMITIES - PAIN - Knees - walking - agg. - sprained; as if agar. Calc-p. graph. ip. lyc. nat-c. nat-m. petr. spig. Sulph.
EXTREMITIES - PAIN - Knees - walking - level ground; on - amel. - sprained; as if nit-ac.
EXTREMITIES - PAIN - Legs - Calves - sprained; as if graph.
EXTREMITIES - PAIN - Legs - Muscles - Tibia; of - sprained; as if calc.
EXTREMITIES - PAIN - Legs - Near inner ankle - sprained; as if meny.
EXTREMITIES - PAIN - Legs - sprained; as if agar. am-c. ars.
EXTREMITIES - PAIN - Legs - Tendo Achillis - sprained; as if kreos.
EXTREMITIES - PAIN - Legs - walking - agg. - sprained; as if am-c.
EXTREMITIES - PAIN - Lower limbs - Sciatic nerve - spraining agg. tell.
EXTREMITIES - PAIN - Lower limbs - Sciatic nerve - stool - straining at - agg. Nux-v. plat. Rhus-t. Sep. Tell.
EXTREMITIES - PAIN - Lower limbs - sitting - agg. - sprained; as if ip.
EXTREMITIES - PAIN - Lower limbs - sprained; as if Arn. berb. carb-v. caust. hipp. nat-m. olnd. puls. rhus-t. thuj.
EXTREMITIES - PAIN - Lower limbs - walking - agg. - sprained; as if am-c.
EXTREMITIES - PAIN - Shoulders - dinner; after - sprained; as if sep.
EXTREMITIES - PAIN - Shoulders - evening - sprained; as if Ambr.
EXTREMITIES - PAIN - Shoulders - extending to - Wrist - sprained; as if puls.
EXTREMITIES - PAIN - Shoulders - left - sprained; as if conch.
EXTREMITIES - PAIN - Shoulders - lying - agg. - sprained; as if coc-c.
EXTREMITIES - PAIN - Shoulders - motion - agg. - sprained; as if mag-c.
EXTREMITIES - PAIN - Shoulders - motion - amel. - sprained; as if arg-met. mur-ac. nicc. stann.
EXTREMITIES - PAIN - Shoulders - motion - arm; of - agg. - sprained; as if asar. mag-c. petr. ruta sep. Staph. vesp.
EXTREMITIES - PAIN - Shoulders - night - sprained; as if sep.
EXTREMITIES - PAIN - Shoulders - raising - arm - agg. - sprained; as if ALUM. alumn. mag-c. petr. phos. Sulph.
EXTREMITIES - PAIN - Shoulders - raising - arm - amel. - sprained; as if ruta
EXTREMITIES - PAIN - Shoulders - resting arm on table - sprained; as if sep.
EXTREMITIES - PAIN - Shoulders - sprained; as if - aralyzed; as if stann.
EXTREMITIES - PAIN - Shoulders - sprained; as if agar. ALUM. Ambr. arg-met. arn. asar. berb. bry. caust. coc-c. croc. cycl. hep. Ign. lyc. mag-c. mang. merc. mur-ac. Nat-m. nicc. pall. petr. phos. puls. rhod. RHUS-T. ruta Sabin. sep. spig. stann. Staph. Sulph. ter. thiam. thuj.
EXTREMITIES - PAIN - Shoulders - walking - amel. - sprained; as if arg-met.
EXTREMITIES - PAIN - Shoulders - writing agg. - sprained; as if sep.
EXTREMITIES - PAIN - sprained; as if Agn. Aloe Am-c. androc. ARN. asaf. bell-p. bros-gau. calc. Carb-an. carb-v. Chin. LED. MILL. oxal-a. petr-ra. rhod. RHUS-T. RUTA
EXTREMITIES - PAIN - Thighs - abducting agg. - sprained; as if caps.

EXTREMITIES - PAIN - Thighs - Bends of thighs - sprained; as if **euph.**
 EXTREMITIES - PAIN - Thighs - drawing pain – sprained **carb-v.**
 EXTREMITIES - PAIN - Thighs - Inner side - Upper part - sprained; as if **rhus-t.**
 EXTREMITIES - PAIN - Thighs - sprained; as if **am-c. caps. laur. led. stann. staph.**
 EXTREMITIES - PAIN - Thighs - stool - straining at – after **sep.**
 EXTREMITIES - PAIN - Thighs - stretching - limbs - agg. - sprained; as if **caps.**
 EXTREMITIES - PAIN - Thighs - walking - agg. - sprained; as if **stann.**
 EXTREMITIES - PAIN - Thumbs - grasping something agg. - sprained; as if **phos.**
 EXTREMITIES - PAIN - Thumbs - Joints - Carpometacarpal - sprained; as if **verb.**
 EXTREMITIES - PAIN - Thumbs - Joints - sprained; as if **ang. calc-p. camph. con. cupr. graph. kali-n. nat-m. petr. phos. rhod. spig. sulph. verat.**
 EXTREMITIES - PAIN - Thumbs - left - sprained; as if **Kreos.**
 EXTREMITIES - PAIN - Thumbs - motion - agg. - sprained; as if **phos.**
 EXTREMITIES - PAIN - Thumbs - sprained; as if **calc-p. camph. cham. graph. kali-n. KREOS. lachn. nat-m. phos. prun. rhod.**
 EXTREMITIES - PAIN - Thumbs - writing - agg. - sprained; as if **prun.**
 EXTREMITIES - PAIN - Toes - ascending stairs agg. - sprained; as if **coloc.**
 EXTREMITIES - PAIN - Toes - evening - sprained; as if **coloc.**
 EXTREMITIES - PAIN - Toes - First - bed agg.; in - sprained; as if **aloe jug-r.**
 EXTREMITIES - PAIN - Toes - First - Joints - sprained; as if **Arn. prun. rat.**
 EXTREMITIES - PAIN - Toes - First - morning - bed agg.; in - sprained; as if **jug-r.**
 EXTREMITIES - PAIN - Toes - First - morning - sprained; as if **jug-r.**
 EXTREMITIES - PAIN - Toes - First - motion - agg. - sprained; as if **mosch.**
 EXTREMITIES - PAIN - Toes - First - night - sprained; as if **aloe**
 EXTREMITIES - PAIN - Toes - First - sprained; as if **aloe Arn. jug-r. lyc. mez. mosch. sil.**
 EXTREMITIES - PAIN - Toes - First - sudden - sprained; as if **lyc.**
 EXTREMITIES - PAIN - Toes - Fourth - sprained; as if **berb.**
 EXTREMITIES - PAIN - Toes - Joints - sprained; as if **all-s. bry.**
 EXTREMITIES - PAIN - Toes - Joints - walking agg. - sprained; as if **petr.**
 EXTREMITIES - PAIN - Toes - sprained; as if **am-c. berb. bry. coloc. zinc.**
 EXTREMITIES - PAIN - Toes - stitching pain - sprained; as if **crot-t.**
 EXTREMITIES - PAIN - Toes - tearing pain - sprained; as if **crot-t.**
 EXTREMITIES - PAIN - Upper arms - raising arm agg. - sprained; as if **Rhus-t.**
 EXTREMITIES - PAIN - Upper arms - sprained; as if **alum. caust. euph. Rhus-t. ter.**
 EXTREMITIES - PAIN - Upper limbs - drawing pain - sprained; as if **nit-ac.**
 EXTREMITIES - PAIN - Upper limbs - forenoon - sprained; as if **petr.**
 EXTREMITIES - PAIN - Upper limbs - Joints - sprained; as if **stann.**
 EXTREMITIES - PAIN - Upper limbs - left - sprained; as if **nit-ac.**
 EXTREMITIES - PAIN - Upper limbs - motion - agg. - sprained; as if **mez.**
 EXTREMITIES - PAIN - Upper limbs - sprained; as if **Ambr. Arn. aur-m. bell. beryl. borx. bov. Ign. jug-c. lach. lact. merc. mez. nit-ac. olnd. petr. Phos. prun. ter. thuj.**
 EXTREMITIES - PAIN - weather - cold - agg. - sprained; as if **bros-gau.**
 EXTREMITIES - PAIN - weather - wet - agg. - sprained; as if **bros-gau.**
 EXTREMITIES - PAIN - Wrists - bent; when - sprained; as if **ferr-m. ferr-ma.**
 EXTREMITIES - PAIN - Wrists - drawing pain - sprained; as if **zinc.**
 EXTREMITIES - PAIN - Wrists - evening - exertion agg. - sprained; as if **lach.**
 EXTREMITIES - PAIN - Wrists - evening - sprained; as if **lach.**
 EXTREMITIES - PAIN - Wrists - extending to - Fingers – T hird and fourth fingers - hanging down arm; on - sprained; as if **castor-eq.**
 EXTREMITIES - PAIN - Wrists - forenoon - sprained; as if **ox-ac.**
 EXTREMITIES - PAIN - Wrists - grasping something agg. - sprained; as if **RHUS-T.**
 EXTREMITIES - PAIN - Wrists - left - sprained; as if **Agar. Rhus-t.**
 EXTREMITIES - PAIN - Wrists - morning - sprained; as if **lyss.**
 EXTREMITIES - PAIN - Wrists - motion - agg. - sprained; as if **bov. Bry. hyper. mez.**

EXTREMITIES - PAIN - Wrists - motion - amel. - rapid motion - sprained; as if sulph.
 EXTREMITIES - PAIN - Wrists - motion - amel. - sprained; as if prun. rhod.
 EXTREMITIES - PAIN - Wrists - night - sprained; as if arg-n.
 EXTREMITIES - PAIN - Wrists - noon - sprained; as if alumn.
 EXTREMITIES - PAIN - Wrists - right - sprained; as if bit-ar. **CALC.** gels. Lyc. mez. Ox-ac.
 EXTREMITIES - PAIN - Wrists - sore - strained; as if ox-ac.
 EXTREMITIES - PAIN - Wrists - sprained; as if agar. agath-a. alumn. Am-c. ambr. arg-n. **ARN.** bit-ar. Bov. Bry. calc-sil. **CALC.** **CARB-AN.** carb-v. castor-eq. Caust. Cina cist. dios. Eup-per. ferr. graph. hep. hipp. jug-c. kali-n. Lach. laur. lyc. mag-c. melal-alt. mez. nat-m. nicc-met. nux-v. Ox-ac. petr. phos. puls. Rhod. **RHUS-T.** **RUTA** sabin. sars. seneg. sil. stann. Stront-c. Sulph. tep. thuj. ulm-c. Verb. zinc.
 EXTREMITIES - PAIN - Wrists - weather - rough - agg. - sprained; as if Rhod.
 EXTREMITIES - PAIN - Wrists - working; while - sprained; as if caust.
 EXTREMITIES - PAIN - Wrists - writing - agg. - sprained; as if lyc.
 EXTREMITIES - PULSATION - Hands - stool agg.; straining at cic.
 EXTREMITIES - SPRAINS - Joints carb-an. hep. led.
 EXTREMITIES - SPRAINS - Ankles - left bit-ar. petr-ra.
 EXTREMITIES - SPRAINS - Ankles - recurrent bov. calc. med. nat-m. Stront-c.
 EXTREMITIES - SPRAINS - Ankles - right bit-ar. petr-ra.
 EXTREMITIES - SPRAINS - Ankles anac. Bit-ar. carb-an. led. nat-ar. nat-c. petr. rhus-t. ruta stront-c. tritic-vg.
 EXTREMITIES - SPRAINS - Lower limbs Led.
 EXTREMITIES - SPRAINS - Wrists stront-c.
 EXTREMITIES - SPRAINS - Wrists arn. bell-p. **BRY.** calc. graph. Led. petr. phyt. psor. Rhus-t. ruta stront-c. sul-ac. tritic-vg.
 EXTREMITIES - SWELLING - Ankles - chronic, after sprain bov.
 EXTREMITIES - WEAKNESS - Hands - sprained, as if indg.
 EXTREMITIES - WEAKNESS - Joints - sprain; after phos. rhus-t.
 EXTREMITIES - WEAKNESS - paralytic - strain; after ulm-c.
 EXTREMITIES - WEAKNESS - Wrists - sprained, as if kali-c.
 EYE - PHOTOPHOBIA - straining the eyes, after **ARG-N.**
 EYE - STRAINED - sewing; from arg-n.
 EYE - STRAINED - warm room agg. arg-n.
 EYE - STRAINED bell. phys. **RUTA** seneg. tere-la.
 FACE - WRINKLED - Forehead - straining eyes; from petr-ra.
 FEMALE GENITALIA/SEX - MENSES - absent - strain, after psychical and physical hypoth.
 FEMALE GENITALIA/SEX - PAIN - straining, from - labor-like rhus-t.
 FEMALE GENITALIA/SEX - PROLAPSUS - Uterus - straining, from - holding the head amel.; and pyrog.
 FEMALE GENITALIA/SEX - PROLAPSUS - Uterus - straining, from Aur. **NUX-V.** pod. Rhus-t.
 GENERALS - CONVALESCENCE; ailments during - sprains; after am-m. arn. calc. petr. stront-c.
 GENERALS - CONVALESCENCE; ailments during - strain; after - never well since carb-v.
 GENERALS - DROPSY - general; in - sprains; from bov.
 GENERALS - FAINTNESS - stool - straining at - agg. verat-v.
 GENERALS - HISTORY; personal - strain or injury; of nat-c. nat-m. psor. Sil.
 GENERALS - INJURIES - overexertion, strain, from - Flexor muscles; of Ruta
 GENERALS - INJURIES - overexertion, strain, from Agn. Arn. Ars. **BELL-P.** calc-f. **CALC.** carb-an. carb-v. cocc. Con. graph. Ham. helon. kali-m. lach. lyc. Mill. nat-c. nux-v. onos. ovi-p. petr. Rhus-t. Ruta sanic. sil. ter.
 GENERALS - INJURIES - sprains - chronic am-m. nat-m. stront-c.
 GENERALS - INJURIES - sprains - easy carb-an. phos. rhus-t.
 GENERALS - INJURIES - sprains - Muscles - riding agg. arist-cl.
 GENERALS - INJURIES - sprains - Parts lain on mosch.
 GENERALS - INJURIES - sprains - swelling of the joints; with a soft samb.

GENERALS - INJURIES – sprains acet-ac. acon. **AGN.** all-s. **Am-c.** am-m. am-p. amyg-p. anemp. ang. arist-cl. **ARN.** ars. **Asaf.** asar. **Bell-p.** bell. benz-ac. **Bit-ar.** bov. **Bry.** calc-f. calc-p. calc-sil. **CALC.** calen. camph. canth. **Carb-an.** carb-v. carl. caust. **Cham.** chin. **Cic.** cocc. con. cupr. dulc. ferr-p. **Ferr-s.** form. graph. guaj. hell. hyos. **Hyper.** **Ign.** kali-i. kali-m. kreos. lach. laur. **Led.** lith-c. **LYC.** **M-aust.** mag-c. mand. med. merc. mez. **MILL.** **NAT-C.** **NAT-M.** Nit-ac. **Nux-v.** onos. **Op.** **PETR.** **PHOS.** phyt. **PLAT.** plb. polyg-h. polyg-pe. **Prun.** psor. **Puls.** rad-br. ran-b. rheum rhod. **RHUS-T.** rhus-v. **RUTA Sec.** seneg. sep. sil. sol-ni. spig. stann. staph. **STRAM.** stront-c. sul-ac. **Sulph.** sumb. **Symph.** tarent. thuj. tritic-vg. verat.

GENERALS - LAME feeling - sprains; after rheum ruta

GENERALS - LIFTING, straining of muscles and tendons - Flexor muscles ruta

GENERALS - LIFTING, straining of muscles and tendons - from - amel. spig.

GENERALS - LIFTING, straining of muscles and tendons - from - arms, of rhus-t. sul-ac.

GENERALS - LIFTING, straining of muscles and tendons - from - reaching high sulph.

GENERALS - LIFTING, straining of muscles and tendons – from acet-ac. **Acon.** **Agn.** alum-sil. alum. alumn. **Ambr.** arist-cl. **ARN.** ars. bar-c. **Bell-p.** bell. **Borx.** **Bov.** **Bry.** calc-f. calc-p. **Calc-s.** calc-sil. **CALC.** calen. **CARB-AN.** **Carb-v.** **Carbn-s.** **Caust.** chin. **Cocc.** coloc. **CON.** croc. cur. **Dulc.** ferr-p. **Ferr.** **Form.** **GRAPH.** **Hyper.** **Ign.** iod. **Kali-c.** kali-m. kali-sil. **Kalm.** lach. led. **Lyc.** **Mag-c.** merc. **Mill.** mur-ac. **Nat-c.** nat-m. nit-ac. **nux-v.** olnd. onos. **Ph-ac.** phos. plat. podo. prun. psor. puls. rhod. **RHUS-T.** **RUTA Sec.** sep. **SIL.** spig. stann. staph. stront-c. sul-ac. sulph. thuj. valer.

GENERALS - LIFTING, straining of muscles and tendons – painful arn. carb-v. chin. rhod. rhus-t. ruta sulph.

GENERALS - LIFTING, straining of muscles and tendons - tendency to strain oneself in lifting arn. bry. **Calc.** carb-v. con. graph. lyc. **Nat-c.** nat-m. nit-ac. psor. **Rhus-t.** **SIL.** **Symph.**

GENERALS - LIFTING, straining of muscles and tendons acet-ac. **Acon.** **Agn.** alum. alumn. **Ambr.** arist-cl. **ARN.** ars. bar-c. **Bell-p.** bell. **Bov.** **Bry.** calc-f. calc-p. **Calc-s.** **CALC.** calen. **CARB-AN.** **Carb-v.** **Caust.** chin. **Cocc.** coloc. **CON.** croc. cur. ferr-p. **Ferr.** **Form.** get. **GRAPH.** **Hyper.** **Ign.** iod. **Kali-c.** **Kalm.** lach. led. **Lyc.** **Mag-c.** merc. **Mill.** mur-ac. **Nat-c.** nat-m. nit-ac. olnd. **Ph-ac.** phos. plat. podo. prun. psor. **Puls.** rhod. **RHUS-T.** ruta **Sec.** **SIL.** spig. stann. staph. sul-ac. thuj.

GENERALS - PAIN - Affected parts - stool; when straining at nux-v.

GENERALS - PAIN - sprained; as if arn. asaf. bell-p. calc. cham. **Chel.** graph. **Ign.** nat-m. petr. **Phos.** **Puls.** **Rhus-t.** **Sulph.** thuj.

HEAD - FULLNESS - stool - straining at - agg. ham.

HEAD - LOOSENESS of brain, sensation of - stool agg.; straining at spig.

HEAD - PAIN - Forehead - Middle of - stool agg.; straining at rat.

HEAD - PAIN - Forehead - stool - straining at - agg. spig.

HEAD - PAIN - Forehead - straining the eyes dulc. lac-c. ruta vanil.

HEAD - PAIN - Occiput - sprained; as if ambr. psor. vanil.

HEAD - PAIN - Occiput - stool - straining at - agg. **Ign.** mang.

HEAD - PAIN - Occiput - stool - straining at - amel. asaf.

HEAD - PAIN - Occiput - straining the eyes lac-c. mur-ac.

HEAD - PAIN - stool - straining at - agg. - bursting pain ind. rat.

HEAD - PAIN - stool - straining at - agg. - come off; as if top of head would ind.

HEAD - PAIN - stool - straining at - agg. alet. bamb-a. bell. **Bry.** calc-p. cob. coloc. **Con.** glon. ham. hell. ign. **Ind.** iod. **Lyc.** mang. nat-m. **Nux-v.** ox-ac. oxal-a. phos. psor. **Puls.** rat. **Sil.** spig. **Sulph.** thuj. vib.

HEAD - PAIN - Temples - stool - straining at - agg. **Bell.** **nux-v.** **Puls.** thuj.

HEAD - PULSATING - stool agg.; straining at ign.

HEAD - STRAINING eyes agg. – Occiput onos.

MALE AND FEMALE GENITALIA/SEX - STOOL - straining at stool - agg. carb-v. con. ph-ac.

MALE GENITALIA/SEX - VARICOCELE - strain; following a ruta

MIND - PROSTRATION of mind - eye strain, from phos.

mur-ac. nat-m. **Ruta** seneg. **symph.**

NOSE - EPISTAXIS - stool - straining at – after **Carb-v.**

NOSE - EPISTAXIS - stool - straining at - agg. **Coff.** **Phos.** **Rhus-t.**

PROSTATE GLAND - PAIN - Region of - urinate; while straining to - pulsating pain **dig.**
 RECTUM - HEMORRHOIDS - voice; from straining **caust.**
 RECTUM - PAIN - stool - straining at – after **Aesc. ars-s-f. bamb-a. lach. med. melal-alt. nux-v. phos. plb. ruta Sil. Thuja. trios.**
 RECTUM - PROLAPSUS - stool - straining at - agg. **Aesc. alum. cench. ferr. Ign. lyc. med. nit-ac. Podo. ruta sep. sulph.**
 RECTUM - PROLAPSUS - stool - straining at – without **Graph.**
 RECTUM - STRAINING - ordinary stool; to pass **alum.**
 RECTUM - STRAINING – Perineum **mez.**
 RECTUM - STRAINING - stool agg.; after **agar. merc-c.**
 RECTUM – STRAINING **cystein-l. musca-d.**
 STOMACH - INDIGESTION - sprains; from **ruta**
 STOMACH - INDIGESTION - straining; from **ruta**
 STOMACH - PAIN - strain, from **arn. bry. rhus-t.**
 STOMACH - VOMITING - stool - straining at – after **ther.**
 TEETH - PAIN - sprained; as if **Arn.**
 THROAT - PAIN - straining throat, after – sore **RHUS-T.**
 VISION - DIM - straining eyes **agar. Calc. RUTA**
 VISION - WEAK - morning - eyes were strained; as if **melal-alt. ruta**

References



Radar 10



Soft Tissue Trauma (Sprains, Strains, & Contusions) CURRENT Diagnosis & Treatment: Pediatrics > Chapter 24. Orthopedics > Trauma



Sprains and Strains CURRENT Diagnosis & Treatment Emergency Medicine, 7e > Chapter 28. Orthopedic Emergencies > General Orthopedic Principles



Muscle Strains CURRENT Diagnosis & Treatment in Orthopedics > Chapter 4. Sports Medicine > Other Injuries of the Lower Body > Overuse Syndromes of the Lower Extremities



Injury Mechanisms CURRENT Diagnosis & Treatment in Orthopedics > Chapter 1. Basic Science in Orthopedic Surgery > Biomechanics & Biomaterials > Biologic Tissues in Orthopedics > Tendons & Ligaments



Orthopedic injuries to these structures include the following: Tintinalli's Emergency Medicine > Chapter 264. Initial Evaluation and Management of Orthopedic Injuries > Initial Evaluation and Management of Orthopedic Injuries: Introduction