
WHEN YOU HAVE OVERDONE IT



**For muscle
and joint pain.**

Traumeel uses the synergistic power of 14 natural ingredients to help you recover from injuries resulting from everyday activities and sports. Traumeel provides relief from pain and strain in joints and muscles – including back, knee, foot, wrist and neck – to help you quickly get back to normal activity. Traumeel belongs in all first-aid kits. For more information, consult your pharmacist or visit www.traumeel.com

-Heel

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Introduction

Everyday injuries and inflammatory flares of rheumatic conditions - what are they and how to manage them?

Increasing emphasis is being placed on getting and staying fit and mobile, whatever your age.

Regular aerobic exercise (physical activity which gets your heart beating faster) helps to:¹

- Reduce or maintain body weight
- Reduce the risk of heart disease, strokes and diabetes
- Control blood sugar (helpful for diabetics)
- Maintain mobility and muscle strength, allowing daily activities to be undertaken more easily
- Improve mood

Physical activity can be beneficial for everyone. However, injuries sometimes happen during exercise or everyday life, many of which could be avoided.

Keeping active is also important for people with inflammatory rheumatic conditions to help strengthen muscles and keep joints moving. Learning how to manage episodes of increased inflammation, known as 'flares', can make it easier to exercise regularly.

This booklet explains the most common traumatic/inflammatory injuries and flares in inflammatory rheumatic conditions, gives advice on how best to prevent them and what to do if they do occur. This includes use of the increasingly popular natural treatment, Traumeel®.

Traumeel® supports the healing process helping you to get back on track quickly.

How can you prevent traumatic injuries?

When it comes to your health, prevention is always better than cure. Many traumatic injuries can be prevented simply by taking care in everyday life and preparing properly for any physical activity. Here are a few tips to help you prevent traumatic injuries from happening in the first place:

Tips to help prevent traumatic injuries^{1,2}

Everyday life:

- Be aware of your surroundings – many common injuries are caused by avoidable trips and falls
- Learn and practice proper techniques for lifting and carrying (see below)
- Don't do anything that causes you pain – pain is your body's way of telling you to stop the activity
- Increase your general muscle strength with weight training, ideally started in a gym under supervision since serious injuries can result from incorrect lifting



4

Sport/exercise:

- Keep in mind your age, level of conditioning and any medical conditions you may have when you exercise – be realistic about what you are capable of achieving
- Avoid the 'too much, too soon' injury trap
- Always warm up before and cool down immediately after exercising
- Stretch regularly – staying flexible is particularly important as you get older. Never stretch when your muscles are cold
- Use appropriate sports/exercise equipment, including appropriate shoes and clothes that provide adequate support or cushioning
- Stay hydrated – aim to drink one glass of water for every 20 minutes of exercise
- Listen to your body and stop if you feel unwell, over-tired or become injured
- Balance exercise with rest – tiredness may increase the risk of injury



How can you prevent inflammatory flares in rheumatic conditions?

If you have a chronic inflammatory rheumatic condition you may experience episodes of increased pain, stiffness and swelling in the affected areas, known as 'flares'. Here are some tips to help prevent flares in inflammatory rheumatic conditions:

- Rest – overuse of affected joints can cause pain to flare up
- Keep your weight under control – maintaining a healthy weight can help prevent damage to your joints
- Exercise – regular exercise helps to strengthen muscles around the joints, allowing better flexibility and more stability in joints
- Eat a balanced diet – a diet rich in antioxidant vitamins C and E as well as vitamin D and calcium for bone growth is recommended for those suffering from inflammatory conditions

How can you help yourself if you do get injured?

Traumatic/inflammatory injuries can happen during everyday activities or exercise and it is important to know how to deal with them when they do. Here are some tips in case you do get injured: ^{3,4}

- Initial treatment (first 72 hours) for traumatic/inflammatory injuries is based on the principles of implementing 'RICE' and avoiding 'HARM' (see next page)
- Take advice on what exercise, if any, you can still do with your injury – your doctor or other health care professional can give you appropriate exercises to help speed your recovery

Implement RICE:

- R Rest** – the part of your body which has been injured
- I Ice** – put crushed ice in a plastic bag and wrap it in a damp tea towel (to avoid ice burns). Apply it to the area, 10 minutes on, 10 minutes off, repeated throughout the day. This helps to reduce swelling, as well as helping relieve the pain
- C Compression** – use a crepe bandage or a tubular bandage to help reduce swelling and discomfort
- E Elevation** – raise the injured area, for example, by putting a sprained ankle up on a stool, to help limit the damage

Avoid HARM:

- H Heat** – hot baths, saunas or heat packs can increase blood flow and swelling
- A Alcohol** – drinking alcohol will increase blood flow and swelling and decrease healing
- R Re-injury** – avoid any form of exercise that could cause more damage
- M Massage** – if begun too early following an injury, massage can increase damage by encouraging blood flow and swelling

Seek medical advice if you are in doubt about the treatment or if the injury seems serious, for example, if the pain seems greater than you'd expect, if a muscle or joint is very swollen or if movement seems very restricted.

How can you help yourself if you experience a flare?

Flares in chronic inflammatory rheumatic conditions can be difficult to predict and will vary from one person to another. Here are some tips to help you control the symptoms if you do experience a flare:⁵

- Rest as much as possible between your essential everyday activities
- Apply a warm or cold compress to the affected area for up to 10 minutes at a time (remember to protect your skin from the ice compress by wrapping it in a damp tea towel)
- Gently move the affected area at regular intervals – complete immobility can lead to worsening stiffness
- Continue to take any prescribed anti-inflammatory medication
- Taking simple, over the counter pain killers regularly can help maintain the level of pain relief in your body. Seek medical advice if you are in doubt as to whether a particular pain killer can be taken with your prescribed medication

Seek medical advice if a flare is unusually persistent or severe, or if you start to experience flares more often.



Types of acute and chronic traumatic injuries

Generally speaking, traumatic injuries fall into two categories:⁶

- 'Acute' injuries, which happen suddenly, such as a sprained ankle or a torn muscle
- 'Chronic' injuries, which are the result of excessive exercise, prolonged overuse of a joint, muscle or tendon, muscle imbalances, inadequate shoe cushioning, etc.

Both forms include a major inflammatory component, as the inflammation is an essential part of the healing process.

Here are some examples of common traumatic injuries, their symptoms and tips on how to cope with them:

Sprains and strains ⁷⁻⁹	
Causes	Over-stretching, twisting or distortion of a joint beyond its normal range of movement. Can also refer to over-extension or straining of muscles, ligaments and tendons
Symptoms	Pain in the affected joint or muscle, swelling, bruising, tenderness, inflammation and blood collecting under the skin at the site of the injury – this is known as a haematoma and it looks like a large, dark-red bruise
First aid	Implement RICE (see page 7). Later, apply an ointment dressing to the painful area, put a compress on it and enclose the entire area in a tightly fitting elastic bandage
	In addition to this, pain relief and some reduction in inflammation can be provided by taking anti-inflammatory tablets

Types of inflammatory rheumatic conditions

Inflammatory rheumatic conditions are mainly confined to the joints, but can also affect the tendons and, in some cases, the internal organs. They are often referred to collectively as 'arthritis' and are characterised by inflammation. Symptoms of inflammatory rheumatic conditions tend to come and go, becoming worse than normal during a flare.

Here are some examples of common inflammatory rheumatic conditions, their symptoms and how they can be treated:

Bursitis ¹⁰⁻¹²	
Causes	Inflammation of the fibrous tissue that lubricates tendons where they pass over bones. It usually affects the knee, but can occur in any joint. In most cases, the injury develops over a prolonged period of time as a result of overuse of the joints, muscles and tendons. It can also be caused by infection or a pre-existing health condition that causes inflammation of the bursa
Symptoms	The inflamed areas may become red, swollen and very hot. Tenderness or pain with movement often develops
First aid	Protect the affected area from further injury, for example, using knee pads for bursitis of the knee, and implement RICE (see page 7). Apply an anti-inflammatory ointment immediately and frequently, or apply ointment as a compress which is changed twice each day. If the pain is still present after a few days, consult your doctor, sports medicine specialist or other health care professional to discuss further treatment options. If bursitis occurs frequently, support bandages should be worn during exercise

Other common traumatic injuries include:

- Inflamed Achilles tendon
- Tennis elbow (epicondylitis)
- Tendosynovitis

Rheumatoid arthritis (RA) ¹³⁻¹⁵	
Causes	RA is caused by the immune system attacking the body's own tissues, which causes inflammation. Inflammation normally dies down fairly quickly but in RA it becomes a long-term (chronic) process
Symptoms	Common symptoms of rheumatoid arthritis include joint pain and swelling, stiffness, tiredness (fatigue), depression, irritability, anaemia, flu-like symptoms, such as feeling generally ill, feeling hot and sweating
Treatment	Treatment of RA relies on a combination of drugs including painkillers (analgesics), non-steroidal anti-inflammatory drugs (NSAIDs), disease-modifying anti-rheumatic drugs (DMARDs), steroids and biological therapies
	Physical therapy is often recommended to help ease symptoms and strengthen joints and muscles
	Surgery is occasionally needed for RA and can vary from minor operations, such as the release of a nerve or a tendon, to major surgery such as joint replacement

Ankylosing spondylitis (AS)^{16–18}

Causes	The cause of AS is not fully understood. However, a particular gene has been identified that is closely linked to the condition
Symptoms	Common symptoms of AS include, lower back or neck pain and stiffness, pain in your sacroiliac joints (the joints where the base of your spine meets your pelvis, buttocks or the back of your thighs) and tiredness (fatigue)
	Symptoms can appear after a muscle strain, so the condition is often mistaken for common backache
Treatment	Treatment of AS relies on a combination of drugs including painkillers (analgesics), non-steroidal anti-inflammatory drugs (NSAIDs), disease-modifying anti-rheumatic drugs (DMARDs), steroids and biological therapies
	Physical therapy is often recommended to help ease symptoms and strengthen joints and muscles
	Hip or knee replacement is only performed in cases where joints are badly affected. Surgery to straighten a bent spine is very rare and isn't usually recommended

Other inflammatory rheumatic conditions include:

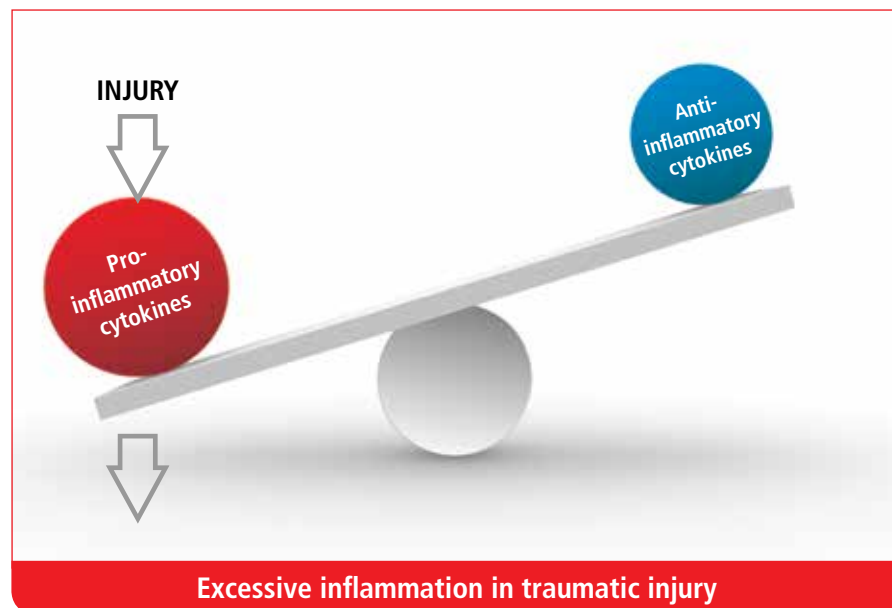
- Psoriatic arthritis
- Systemic lupus erythematosus
- Gout



Understanding inflammation

Inflammation – a highly complex process – is the body's response to muscle or joint injury, and can limit and protect against further damage. Furthermore it is an essential part of the recovery process, and without a certain level of inflammation healing is compromised. However, excessive inflammation can be detrimental to recovery and cause pain.

Cytokines are proteins in the body that can either increase (pro-inflammatory cytokines) or reduce (anti-inflammatory cytokines) inflammation. Excessive inflammation in traumatic/inflammatory injuries and flares in inflammatory rheumatic conditions is caused by an imbalance of pro-inflammatory and anti-inflammatory cytokines.¹⁹

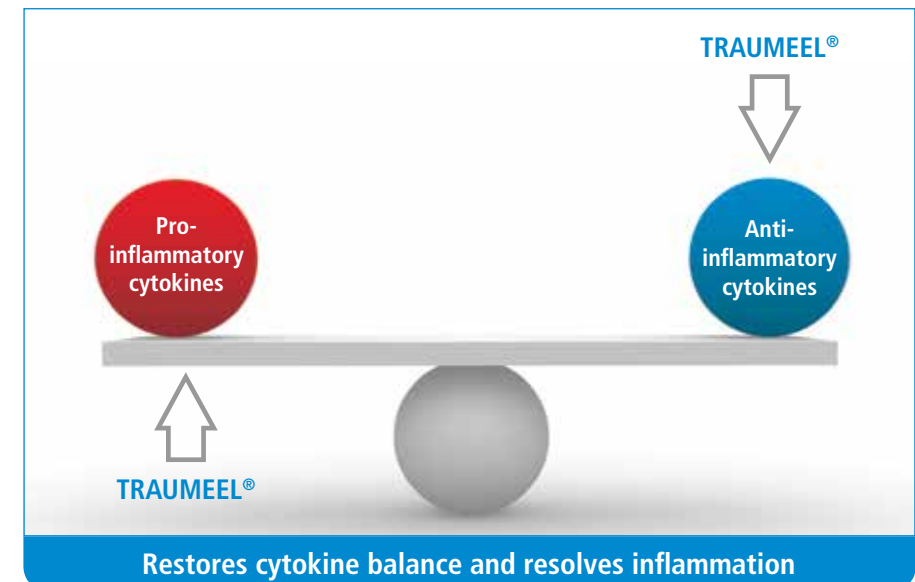


How does Traumeel® work?

Traumeel® brings together a number of natural ingredients that target inflammation and promote recovery in different, complementary ways.

Treating inflammation

Traumeel® works to restore the balance by targeting multiple mediators, reducing pro-inflammatory and increasing anti-inflammatory cytokines.²⁰⁻²¹



Complementary actions

- Traumeel® is a composition of several natural ingredients that control inflammation in a targeted, complementary ways
- There is evidence that, together in Traumeel®, these ingredients are more effective than they are separately²²

When should I use Traumeel®?

In everyday life

Everyone experiences strains, sprains and minor knocks going about their daily life, from children bumping their knees to adults spraining an ankle running for a train.

Mike has a sprained ankle

Tripped on the stairs outside office and twisted left ankle

- Pain is acute and walking is difficult
- GP has diagnosed an ankle sprain (injury to a ligament of inside the joint)
- Mike has been prescribed an NSAID gel and advised to take sick leave
- Wants relief as fast as possible, as cannot afford to be away from work



Which Traumeel®?

- Traumeel® tablets can be used in addition to any prescribed medicine
- Adds a natural medicine to help speed recovery and return to work

For further examples of cases where Traumeel® can be used in **everyday life** visit www.traumeel.com

Sport application

Sporting injuries, whether you're a professional sports person or an amateur enthusiast, are common and can be frustrating when they put you out of action.

Anneka has tennis elbow

Onset after intensive squash playing

- Pain and tenderness on the outside of her right elbow
- Looking for rapid relief that will allow her to get back on the court as soon as possible



Which Traumeel®?

- Traumeel® ointment or gel (as preferred) suitable for application on the painful elbow
- Can add Traumeel® tablets to help speed recovery from the inside

For further examples of cases where Traumeel® can be used in **sports** visit www.traumeel.com



Later in life people become more susceptible to strains, sprains and inflamed joints, but this need not be limiting to daily life.

Connie has arthritis in her hip

Painful twinges in her right hip during arthritis flares

- Otherwise walks well with a stick
- Takes regular NSAID tablet prescription, but still has some discomfort during flares
- Connie wants to improve her pain relief and so keep as active as she can be



Which Traumeel®?

- Traumeel® tablets are suitable for people with chronic conditions like arthritis and for older people
- A natural treatment that won't interfere with other medicines
- A topical treatment that can be applied as and when it is needed, for example, during flares in inflammatory rheumatic conditions

For further examples of cases where Traumeel® can be used in older age visit www.traumeel.com

When you've overdone it ... think Traumeel®

Find fast and effective relief from pain and inflammation in joints and muscles

What is Traumeel?

- Traumeel is an effective, natural treatment that helps relieve muscle and joint pain and inflammation, whatever the site or cause
- It contains 14 natural ingredients, each with a known beneficial effect on inflammation or the healing process

Achillea millefolium	Milfoil	Treats minor bleeding
Aconitum napellus	Monkshood	Reduces pain after injury
Arnica montana	Mountain arnica	Reduces swelling and bruising and stimulates healing
Atropa belladonna	Deadly nightshade	Reduces swelling and pain
Bellis perennis	Daisy	Treats bruising, swelling and soreness
Calendula officinalis	Caledula	Stimulates the healing process
Ca-Sulfite	Hepar sulfuris	Reduces swelling and sensitivity
Matricaria (Chamomilla) recutita	Chamomile	Provides soothing pain relief
Echinacea angustifolia	Narrow-leaved cone flower	Provides immune support
Echinacea purpurea	Purple cone flower	Provides immune support
Hamamelis virginiana	Witch hazel	Relieves pain and swelling
Hypericum perforatum	St. John's wort	Relieves pain
Mercurio-amidonitrate	Mercurius solubilis Hahnemanni	Reduces swelling
Symphytum officinale	Comfrey	Relieves joint pain

What can I use Traumeel for?

Whatever age you are, Traumeel provides effective relief of:

- Sprains and strains
- Acute muscle and joint injuries
- Bruises
- Arthritis
- Low back pain
- Repetitive strain injuries or tendon pain

Why use Traumeel?

- ✓ Traumeel is a more balanced approach to treating muscle and joint pain
- ✓ Traumeel works by targeting inflammation in different, complementary ways, easing painful symptoms and restoring normal activity
- ✓ Traumeel gets you back on track faster than with conventional anti-inflammatory drugs (NSAIDs, or non-steroidal anti-inflammatory drugs)
- ✓ Because Traumeel is highly targeted, you get the anti-inflammatory benefits you need but not the adverse effects of conventional treatments

Find flexible relief with Traumeel ointment, gel, or tablets

How do I use Traumeel?

Traumeel products are available in pharmacy, for the temporary relief of muscular pain, joint pain, sports injuries and bruising – ask your pharmacist where to find them.

Formulation			Ointment/gel	Tablets	
Administration and dosage	Adults (and children > 12 years)	standard	2–3x daily	1 tablet 3x daily	
		initial	2–3x daily	1 tablet every ½–1 hour, up to 12x daily	
	Children	6–11 years	standard	2–3x daily	1 tablet 2x daily
			initial	2–3x daily	1 tablet every 1–2 hours, up to 8x daily
		2–5 years	standard	2–3x daily	1 tablet 1–2x daily
			initial	2–3x daily	1 tablet every 1–2 hours, up to 6x daily
		< 2 years	standard	2–3x daily	1 tablet 1x daily
			initial	2–3x daily	1 tablet every 1–2 hours, up to 4x daily



Product information

• Tablets • Ointment • Gel

Compositions: Tablets: 1 tablet = 301.5 mg containing: Active ingredients: Atropa belladonna D4 75 mg; Aconitum napellus D3, Hepar sulfuris D8, Mercurius solubilis Hahnemanni D8, 30 mg each; Chamomilla recutita D3, Symphytum officinale D8 24 mg each; Achillea millefolium D3, Arnica montana D2, Calendula officinalis D2, Hamamelis virginiana D2, 15 mg each; Bellis perennis D2, Echinacea angustifolia D2, Echinacea purpurea D2 6 mg each; Hypericum perforatum D2 3 mg. Excipients: Lactose monohydrate 6.0 mg; Magnesium stearate 1.5 mg. **Ointment:** 100 g containing: Active ingredients: Arnica montana D3 1.500 g; Calendula officinalis D0, Hamamelis virginiana D0, 0.450 g each; Chamomilla recutita D0, Echinacea angustifolia D0, Echinacea purpurea D0, 0.150 g each; Bellis perennis D0, Symphytum officinale D4, 0.100 g each; Achillea millefolium D0, Hypericum perforatum D6 0.090 g each; Aconitum napellus D1, Atropa belladonna D1, 0.050 g each; Mercurius solubilis Hahnemanni D6 0.040 g; Hepar sulfuris D6, 0.025 g. Excipients: Paraffin, liquid 9.342 g; cetostearyl alcohol (type A), emulsifying 8.007 g; white soft paraffin 9.342 g; water, purified 60.579 g; ethanol 96% (V/V) 9.335 g. **Gel:** 100 g containing: Active ingredients: Arnica montana D3 1.500 g; Calendula officinalis D0, Hamamelis virginiana D0, 0.450 g each; Chamomilla recutita D0, Echinacea angustifolia D0, Echinacea purpurea D0, 0.150 g each; Bellis perennis D0, Symphytum officinale D4, 0.100 g each; Achillea millefolium D0, Hypericum perforatum D6, 0.090 g each; Aconitum napellus D1, Atropa belladonna D1, 0.050 g each; Mercurius solubilis Hahnemanni D6 0.040 g; Hepar sulfuris D6 0.025 g. Excipients: Water, purified 74.652 g; ethanol 96% (V/V) 18.653 g; carbomers 1.000 g; sodium hydroxide solution 18% m/m 2.300 g.

Indications: Tablets, ointment, gel: Traumatic injuries of all kinds such as sprains, dislocations, contusions, haemarthrosis and effusions into a joint; regulation of inflammatory processes in various organs and tissues, including in particular acute and chronic/degenerative disorders of the musculoskeletal system.

Contraindications: Tablets, gel: Known allergy (hypersensitivity) to one or more of the ingredients, including plants of the daisy family (Asteraceae) such as Arnica montana (arnica), Calendula officinalis (pot marigold), Matricaria recutita (chamomile), Echinacea (coneflower), Achillea millefolium (yarrow), Bellis perennis (daisy).

Ointment: Known allergy (hypersensitivity) to one or more of the ingredients, including plants of the daisy family (Asteraceae) such as Arnica montana (arnica), Calendula officinalis (pot marigold), Chamomilla recutita (chamomile), Echinacea (coneflower), Achillea millefolium (yarrow), Bellis perennis (daisy) and emulsifying cetylstearyl alcohol.

Special warnings and special precautions for use: Tablets: Patients with rare hereditary problems of galactose intolerance, Lapp lactase deficiency or glucose-galactose malabsorption should not take this medicinal product. **Ointment:** Cetylstearyl alcohol may

cause local skin reactions (e.g. contact dermatitis). Avoid contact with eyes, mucosae, open wounds or broken skin. **Gel:** Avoid contact with eyes, mucosae, open wounds or broken skin.

Side effects: Tablets, ointment, gel: Allergic (hypersensitivity) skin reactions may occur in very rare cases (i.e. affects less than 1 in 10,000 users).

Interactions with other medication: Tablets, ointment, gel: No interactions have been reported, and none are expected due to the homeopathic dilutions.

Pregnancy and lactation: Tablets, ointment, gel: For this product no clinical data on pregnancy and lactation are available. Homeopathic dilutions of the substances present in this medicament are not known to be toxic during pregnancy and lactation. No adverse effects have so far been reported.

Effects on ability to drive and use machines: Tablets: No effects on the ability to drive and use machines have been reported, and none are expected due to the homeopathic dilutions. **Ointment, gel:** Not applicable.

Dosage: Tablets: Standard dosage: Adults (and children 12 yrs. and older): 1 tablet 3x daily; 6–11 yrs. 1 tablet 2x daily; 2–5 yrs.: 1 tablet 1–2x daily; below 2 yrs.: 1 tablet 1x daily. **Acute or initial dosage:** Adults (and children 12 yrs. and older): 1 tablet every ½ to 1 hr., up to 12x daily, and then continue with standard dosage; 6–11 yrs.: 1 tablet every 1 to 2 hrs., up to 8x daily, and then continue with standard dosage; 2–5 yrs.: 1 tablet every 1 to 2 hrs., up to 6x daily, and then continue with standard dosage; below 2 yrs.: 1 tablet every 1 to 2 hrs., up to 4x daily, and then continue with standard dosage. **Method of administration:** Preferably allow the tablet to dissolve in the mouth, and then swallow. For children it is possible to crush the tablet and add to a small amount of water. This medicine should be taken away from meals.

Ointment, gel: Standard dosage: Apply 2x daily, or more often if needed. **Method of administration:** For external use only. Apply generously to the affected area. Traumeel may be applied using mild compression bandaging and/or occlusive bandaging.

Overdose: Tablets: No cases of overdose have been reported, and none are expected due to the homeopathic dilutions. **Ointment, gel:** No cases of overdose have been reported, and none are expected due to the homeopathic dilutions and external use.

Package sizes: Tablets: Packs containing 50 and 250 tablets. **Ointment/gel:** Tubes containing 50 and 100 g of ointment/gel.



For more information visit
www.traumeel.com

Please read the package insert and consult your doctor or pharmacist about possible risks and side effects.

Medication names, indications and formulas may vary from country to country; package inserts provide country-specific information.

Want to find out more?

For additional case histories, expert views and to read testimonials from real-life Traumeel® users visit www.traumeel.com

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