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**From the practice for the practice**

**Examples of treatment with SANUM remedies**

**Tennis elbow  
(epicondylitis humeri lateralis/radialis)**

**by**

**Dr. Konrad Werthmann, Austria**



This condition, which is well-known to be painful, is mostly caused by an acute strain of the finger and hand extensors and is predominantly seen in tennis players, particularly after long gaps in their training. In this condition there are strong pressure pains on the origin of the M. extensor digitorum communis and the M. extensor carpi radialis brevis. Continued strain can also lead to micro-traumas with tearing of the ligaments. X-ray diagnosis often shows so-called Thomsen symptoms with roughening of the bone contours. In the very advanced stage the ailment is frequently treated by operation (Hohmann operation / subcutaneous tenotomy).

#### **Treatment recommended by Dr. K. Werthmann, M.D.**

For the affected arm to heal it is, of course, necessary to keep the arm still and warm. In the interest of achieving complete and effective treatment, one should think of the following important approaches: Over the epicondylus radii runs the meridian of the large intestine and over the epicondylus ulnae the meridian of the small intestine. That should always be sufficient reason for taking a panorama picture of the teeth number 4 to 8 in the upper and lower jaw on the affected side, as root treatments, granuloma and pivot teeth are often causal factors in the development of epicondylitis. If such conditions are found, submucous injections should be given in the affected gums and the tonsils as a mixed injection of NOTAKEHL 5X + Lidocain 1% (0.5 ml).

Further treatment is carried out with NOTAKEHL 5X tablets (1 tablet

twice daily) or NOTAKEHL 5X drops (take 10 drops twice daily); SANUVIS (take 1 teaspoonful three times daily); ALKALA N (twice a day take 1 teaspoonful in a glass of hot water, drinking it slowly sip by sip); RECARCIN 6X capsules (take 1 capsule each Monday); UTILINS 6X capsules (take 1 capsule each Thursday); SANUKEHL MYC 6X drops (take 10 drops once daily) and SANUKEHL MYC 5X (every 2 days inject 1 ampoule i.m. or s.c.).

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