



Report on my Experience of Treating a Knee Injury

**by
Heinz-Dieter Bartels, Naturopath**



Anamnesis

On 5th January, 2001, a forestry graduate attended my practice with a serious injury of the left knee. On his way to work he had fallen on black ice. The emergency doctor and the specialist were both proposing an endoscopy, with the likelihood that surgery would be required. However, the patient wanted to try an alternative treatment, since I had successfully treated a damage in his right knee, as a footballer, back in 1985.

Symptoms

The patient was in considerable pain. Movement of the knee was severely restricted. Steinmann's sign indicated that the inner meniscus was affected.

The patient was wondering: why this same injury again?

Treatment

Treatment consisted of lifestyle adjustments, (particularly in view of the relationship between cartilage and liver), guidance regarding the internal milieu, intestinal cleansing, injections and remedies, as well as physical measures.

- **Lifestyle:** the patient made an undertaking to keep to a low-

protein diet and to drink pure water instead of other drinks for six weeks, as well as avoiding nicotine, alcohol and caffeine.

- **Alkalinisation:** using ALKALAT (1 tablet twice daily) and, after a fortnight, ALKALAN (1 measuring spoon in a glass of hot water twice daily), plus sucking 2 SANUVIS tablets daily in the mornings.
- **Intestinal cleansing:** using Myrrhinil-Intest drageés and Omniflora capsules.
- **Immunomodulation:** with UTILIN "S", 1 capsule once monthly, and UTILIN "H" 5X, 1 capsule alternating fortnightly with PINIKEHL 4X, 1 capsule.
- **Isopathics:** SANKOMBI 5X, 5 drops daily, as nasal drops or sniffed up the nose; Injections: 2-3 times a week for 8 weeks he was given multiple combined injections of MUCCOKEHL 6X, Formidium 6X or FORMASAN, and SANUVIS s.c. into the knee or i.c. on the surface of the knee. [There appears not to be an English equivalent of the German practice known as "quaddeln".]

- **Adjunctives:** Wobenzym drageés, Traumeel ointment and physiotherapy.

Success

After 2 weeks the patient was able to walk unaided once again, after 7 weeks he was able to carry out light tasks, after 10 weeks the forestry graduate was able to return to normal work.

Costs

Initially the patient bore the expense of the alternative treatment (medicaments, injections). Once the treatment was successfully concluded and certified by the Medical Officer of Health, the Federal State Accident Insurance [Landesunfallkasse] of Lower Saxony agreed to reimburse the costs, which amounted to about DM 1000.

First published in German language in the SANUM-Post magazine(74/2006)

© Copyright 2006 by Semmelweis-Institut GmbH, 27318 Hoya (Weser), Germany

All Rights Reserved.