

Acute Knee Pains

BY

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Abstract

We frequently encounter people with varying degrees of knee pains in every part of the world. Pains may be acute or chronic in nature. An injury may be the cause in most acute cases. Causes of most chronic knee pains are not known to the medical researchers yet; most of the time the cause remains a mystery yet the individual suffers from continuous or intermittent knee pains for a long time; in some cases for ever without showing any response to topical or oral or injected analgesics or other pain reducing therapies making normal living impossible for this group of people. For the past 26 years we have seen several hundreds of such cases in our clinic who refused to respond to traditional treatments and therapies for knee pains and showed good response to NAET® treatments. We will be reporting on a few such cases of knee pains: about their history, symptoms, plan of treatment and outcome through a series of articles

INTRODUCTION

Knee pain is one of the common pain disorders that lead people to their doctor or to the emergency room frequently. Most acute knee pains are the result of some injuries. When an injury involves with the pain, the origin of the pain is very clear and traditional or standard pain therapy works wonders in most patients. Many people also suffer from chronic pain disorders. Chronic knee pains can have a variety of causes and certain causes are still not known to medical researchers. Thus the chronic knee pain remains as an unsolved mystery to the scientists and a living nightmare to the sufferer. We

will be discussing an overview of acute knee pains and NAET® managements for acute mild sports injuries and various types of chronic knee pains and appropriate, effective NAET® management for various chronic knee pains through a series of volumes of this journal.

Almost one in three Americans older than age 45 reports some type of knee pain. One of the reports of a survey released from CDC (Centers for Disease Control and Prevention) in 2007 revealed that over 13 million people suffer from some type of pain, most common one among all is knee pain. So, relax, you

are not alone if you are suffering from a chronic knee pain.

We are an active society of people who have embraced the life-styles of 21st Century. We have increased our activity all around. People have invented wild or exotic sports and most youngsters enjoy taking part in them. With the sudden increase in sports related activity, the number of injury-related knee problems has increased. Everyone can understand that knee pains follow an injury or an accident. Rest, ice, assistance from supportive devices, topical ointments, herbal supplements, homeopathic remedies, physical therapies or pharmaceutical analgesics come to aid the minor cases of injured victims to return to normality. Orthopedic procedures rescue more severe cases. When the injured tissue heals with whatever supports the person receives, the pain is diminished or abated and the person resumes the usual sports and activities until he/she is met with the next injury. If the next injury affects the area of old injury, the next healing process may be slightly difficult. If the person recovers completely after the second incident and if he/she is careful not to hurt again probably he/she may have put an end to the knee pain. For some reason, if he/she hurts third time on the same injured area, the wound may heal but there will be a lot of accumulation of fibrous tissue where the healing took place. Production of fibrous tissue is a natural defense mechanism of the body to strengthen the weak area of the body that is susceptible to injury. As it is the normal function of the fibrous tissue, the area with the accumulation of the fibrous tissue will become stiff, tight and immobile. Any little movements can produce pain in the affected area and in the surrounding tissue. Normal walking, running, playing light sports can become very painful; eventually, the person becomes the victim of chronic pains.

Treatment in Acute Stage

If it is a major injury, the patient is urged to call for emergency help and go to the emergency room.

If it is a minor injury, sprain, strain, bruises, etc. the following plan of therapy will help.

Treatment in Acute Phase of an Injury

The acute phase of an injury is the period of time in between when the injury is sustained and the beginning of the sub-acute phase. The acute phase is characterized by pain, tenderness, swelling, inflammation, bleeding, change in the shape of the tissue due to swelling or lymph accumulation in or surrounding tissue, numbness and impaired normal function of the injured area, probably temporary. The period of acute phase can be different in different people depending on various factors at the time of injury: severity of the injury, age of the patient, immune status of the patient, and the appropriate care received soon after the injury. The acute phase can take from 48 to 72 hours in some individuals.

1. Rest the injured area
2. Application of ice for 5 minutes at a time (give 5 minutes break between ice application) to reduce swelling of the tissue and surrounding area.
3. Elevate the knee on a pillow or a few inches above your waist so that the lymph flow and blood circulation will be encouraged towards the heart.
4. NAET® Application holding the affected area once every four hours.
5. Local application of acupuncture needles to reduce pain, inflammation and swelling.
6. Wrap the knee with a large size of Ace bandage. The wrap should be tight enough but not too tight to cut the circulation.
7. Application of Arnica Montana lotion to the affected area will reduce swelling, pain and bruises. Arnica is not advised to apply on open wounds.

8. Arnica Montana homeopathic remedies (200 x strength sublingually) every four hours to reduce pain and inflammation.

9. Herbal analgesics or pharmaceutical analgesics as needed.

10. Drink plenty of water

11. Calcium-magnesium oral supplements

12. Eat light and drink plenty of juices and liquids

Treatment in Sub-acute Stage

The sub-acute or repair stage of a recovery process involved with any injury is generally thought of as being between 3 to 21 days after the initial injury. During this period, the swelling will begin to ease as the damaged tissues settle down, although there may well still be some residual pain in the area. The goal of this period is to promote the healing process and help bring the repaired tissues back to their original strength and flexibility.

1. NAET® application holding the affected area twice a day

2. Continue to eat light but nonallergic nutritional meals and drink plenty of water

3. Adequate amount of vitamin-mineral supplements

4. Mild exercises and movements after 72 hours as tolerated

5. Light massages, gentle muscle movements, gentle muscle and joint mobilization and light exercise are ideal for this phase.

6. Ultrasonic massage twice a day

7. Application of Arnica Montana ointment to the affected area to reduce pain and improve blood and lymph flow to the affected area

8. Continue Arnica Montana homeopathic remedies sublingually four to six times daily.

9. Herbal analgesics or pharmaceutical analgesics as needed.

10. Calcium-magnesium oral supplements

11. Contrast bathing

Contrast bathing can be done over a period of six days or so once the injury is in the sub-acute stage. For the first two days, heat is applied to the area for one minute and cold for two to three minutes as tolerated, repeated three times and done in three sessions through the day. For the following two days, heat is applied to the area for two minutes and cold for two minutes to the area, repeated three times and done in three sessions through the day. For the last two days, change to three minutes of heat and one minute of cold which will give better flexibility in the area. The timing of application of heat and cold depends on the affected area, so for example ice is applied for less time on ankle or toes than on the knee to prevent overcooling and damaging the area.

Treatment in Chronic Phase

If the injury is not well cared during the acute and sub-acute stage, it can become chronic. The chronic phase begins after 21 days, and may continue for quite some time. This is the time the patient needs to take active part in his or her therapy. During this stage the scar tissue formation at the injured area will begin. The activities and exercises will guide the injured area and surrounding tissue to form scar tissue in the appropriate places in order to strengthen the injured area and not to form fibrous tissue in the unwanted area. Active and passive physical therapy, walking, home exercise program, ultrasonic massaging, etc. will help form scar tissue in the right places: another way to put it, where the scar tissue can be protecting the injured area.

1. Physical therapy and ultrasonic massages three times a week.

2. Application of heat for twenty minutes for three sessions daily.

3. Physical therapy, massages with therapeutic oils, usage of ultra sound, diathermy, etc. will help. Massages can help reduce muscle stiffness, improve blood circulation, reduce heart rates, reduce blood pressure and improve relaxation.

4. Normal walking for 15 minutes initially, gradually increasing to brisk walk as tolerated for 30 minutes to an hour, two to three times a week as tolerated.

5. Normal healthy diet

6. Nutritional supplementation of essential nutrients

7. Additional supplementation of calcium, magnesium and vitamin D.

Prevention

Identify safe and unsafe exercises, sports, activities, etc. before taking part in them. Know your limit when joining exotic sports activities. Limits will change or vary from person to person. A newcomer should take it very easy when enrolling in any exercise program or activities. An experienced person may be able to get involved in different activities without fear of any injury. Gradually increase the tolerance for sports and activities.

Therapeutic massages will help the muscle and tissues relax naturally by improving the blood and lymph circulation in the area and assisting in the elimination of the accumulated waste products from the tissues. This will help the tissues and joints remain well nourished, flexible and healthy. Healthy tissues injure less. Minor injuries heal faster in a healthy body.

Investigate and identify your weak areas of your body. Identify the possible allergens, if there is any to any items used before activity and during activity (Read chapter 6 in Say Goodbye to Illness by Devi

S. Nambudripad). Avoid the use of any allergic items before and during activity. Then later have it desensitized through NAET so that the same item may not produce adverse reaction when contacted or consumed in the future, thus the chances for injuries can be minimized.

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