

# Treatment Approaches

## Ankle Sprains

### Approach A

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution mixed with 1 cc of 0.5% bupivacaine hydrochloride or 0.5% marcaine plain

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### Approach B

**Product(s) & Dosage:** 2.2 cc Traumeel® Injection Solution mixed with 1cc Lymphomyosot® to stimulate local lymphatic drainage in the affected area, and 3 cc 0.5% lidocaine

**Application:** Inject mixture s.c. multiple spots around the painful area in a fan shaped distribution (approx. 1-1.5 cc of the mixture per spot)

**Duration:** Once a week for up to 3 consecutive weeks