

# Homeopathy and Chiropractic Help Take Home the Gold and Silver

## A CASE REPORT OF ENHANCED PERFORMANCE FOLLOWING A GYMNASTIC INJURY

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Eugene Tsui came to my office for treatment of several gymnastics-related injuries. He had returned from a prolonged work stay in mainland China earlier that year, where he had not been able to train as he had preferred for the 2002 Senior Olympics, Gymnastics Division. Mr. Tsui was the four-time all-around gold-medal winner. He had commenced a rigorous workout schedule since returning from China and was competing that weekend in the all-around; floor exercise; vault; parallel bars; high bar; rings; and pommel horse events.

Mr. Tsui presented to my office with a complaint of back and right leg pain. The pain stemmed from a November 2001 fall from gymnastic rings onto concrete; he had landed flat on his back and pelvic region. He'd seen a medical doctor and received physical therapy treatment. He felt his flexibility was impaired, and said he experienced a constant light sensation and nerve pain while running and jumping. He also had ongoing neck pain and shoulder pain (left worse than right), and hoped having the treatment would help reduce the pain and enhance his performance that weekend.

Examination revealed decreased intersegmental motion on palpation of the C1-2 spinal area and L5-S1 facet joints, with a posterior fixation of the sacral base and left sacroiliac joint; an anterior inferior malposition of the left glenohumeral joint was also present, and localized muscle spasm was prominent. All other examination findings were negative.

Treatment included manual chiropractic adjustment of the spine and right shoulder; deep-tissue stretching and pressure-point application; ice application; and use of homeopathic Arnica. I gave him Arnica 1M to take three times that day, and if pain persisted during the gymnastic events, to take hourly or three times per day, as needed. He was also given a stronger Arnica 10M, which he did not take.

The event was scheduled to take place in only a few days; he needed something to address the muscle and spinal pain, and something to use immediately if further injury occurred during the event. He was given a massage unit (office loaner) for use before and after the event to improve circulation and reduce muscle spasm and nerve irritation.

Mr. Tsui returned the following Monday for follow-up treatment. He was elated about his success at the event. He won gold medals for the all-around; floor exercise; vault; parallel bars; and high bar, and silver medals for rings and the pommel horse. He came in wearing his medals and was happy to pose for a photograph. He attributed his success to training (of course), but also enthusiastically specified that the chiropractic and homeopathic treatment he received enhanced his ability to win.

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