



Successful Treatment of Severe Ankle Sprain and Avascular Necrosis of Navicular:

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Symptom/Problem: 16 year old male rolled left ankle while playing basketball. X-rays revealed fracture of the fibula. MRI reveals severe lateral, confluent, soft tissue swelling, deep soft tissue hematoma and an avulsion fracture on the lateral malleolus.

Treatment: Patient did self-treatment with micro-current within an hour of injury. Surgery was recommended for ligament. Repeated New Injury protocol as often as possible and got a second opinion 3 days later. Swelling decreased so significantly the MD wasn't sure the MRI matched the patient. MD said ankle is healing well and surgery is not needed.

Result: 5 days later surgery was recommended even though ankle was healing well. Patient was placed in a cast boot during vacation in which micro-current was applied daily. After 3 weeks he returned to basketball practice.

Symptom/Problem: 16 year old male experiences pain in right posterior & anterior ankle in April. No trauma but x-rays show some lipping of the talus, suggest a tear of the capsule. The talonavicular joint also shows breaking which indicates a tarsal coalition.

Treatment: Cast boot and casted for orthotics recommended. Microcurrent started in June on right ankle and tissue work done. Started 80,000 IU Vitamin D, fish oils, essential oils and topical ozone. Patient began micro for home use with addition of minerals to address asthma and circulation. By July x-ray reveals a stable tarsal Navicular.

Result: The beginning of August the patient has been practicing and getting ready for football camp. Stopped wearing the boot because of irritation to Achilles. Trained as normal with other teammates. Patient is currently playing college football after 6 scholarships offers to top schools just 6 months later.