

HEALING BONE BREAKS

(REDUCING HEALING TIME FOR FRACTURES)

Safely reducing the healing time for bone breaks.

Broken Left Wrist

Football player TE - broken left wrist. Physician removes cast in four vs six weeks due to rapid healing. Athlete returns to play in four weeks, catches TD pass. <<https://www.youtube.com/watch?v=EelhrOpQ-9Y>>

Cracked Radial Bone - Left arm

Swedish mental trainer casted for a two week old crack in the radial bone, left arm. After watching my demonstration, his pain left and he was able to carry his luggage. <<https://www.youtube.com/watch?v=zt47Vey9GYI>>

Cracked Radial Bone - Left arm

Soccer player - breaks radial bone. The bone was reduced at the Schwan's USA Soccer Cup tournament clinic. Normally set at ER under local and general anesthetic. Case was published in Practical Pain Management Journal.

Broken Toe

X-rays showed an elderly patient with a broken toe. After one PNPR™ session: the patient was pain-free and danced, that evening, for nearly four hours on a concrete floor. (Letter from patient)

Broken Wrist - Concussion with Amnesia, Eyelid and Eye Brow Stitches

On Wednesday, June 23, while receiving a throw from third, the batter knocked the first baseman unconscious. He received a broken wrist and a concussion with amnesia. His eyelid and brow both required stitches. Two days after his accident, June 25, the first baseman was taught PNPR™ to safely control his pain and speed his recovery. His pain immediately decreased. On June 29, his third session, he reviewed and practiced the PNPR™ techniques he had learned.

The next day, June 30, exactly one week after his injuries, the player saw his orthopedic surgeon. He reviewed the X-ray of his broken wrist, he asked if the injury was a year to one and a half years old. When told it was one week old, he could not believe it. The following week, two weeks after the wrist was broken, the orthopedic surgeon removed the player's cast. He mentioned that he had never removed a cast earlier than six weeks before. "It was amazing," he said. Article from The Hot Corner - V10 N2, pp 9-18. <https://s3.amazonaws.com/TheHotCorner/TheHotCornerSecondEdition.pdf>

Hand Fracture - Right Hand

Hand fracture - While working on my plantar fasciitis with Dr. Petras, I mentioned that my 10 year old daughter broke her right hand, above her ring finger. Dr. Petras had my daughter come into the room. She was experiencing considerable pain from the two day old break. After roughly 5 minutes, her pain was gone. At her next appointment with her orthopedic, she had no pain and the x-ray showed no fracture and they actually had to look at the previous x-ray to find where the break was. For the next 2 weeks, she never experienced pain. Her physician was surprised at the speed of her healing and released her at 3 weeks versus the normal 6-8 weeks. She is back to playing softball with no signs of discomfort. It was truly an amazing result of the services Dr. Petras can provide. By the way, the session was over-the-phone.

Stress Fracture-foot

"Our starting Post player (Danielle Larose - see below) had been injured for an entire year with a stress fracture in her foot. She had been having continued pain even though the injured area had healed. Our sports medicine doctors, on staff, were predicting a continued 2-3 month layoff. Dr. Petras' intervention resulted in an immediate full return to training at 100% capacity and the pain never returned. I found Dr. Petras' approach with the athletes to be very polite, nonaggressive, and low key. He did not attempt to integrate into the team and was never a distraction. His work was a tremendous asset to our program... Dr. Petras is a very likable individual who has a genuine interest in helping athletes manage their pain. His work is innovative, interesting and most of all effective." **Wanda Pilon-Head Basketball Coach - Women, University of Ottawa, Ottawa, ON, Canada**

Broken Hand

Jockey

“... the day I met Dr. Petras, I injured my hand and was in considerable pain (I thought it was broken although I did not have an x-ray). My horse had slammed his head against my hand while I was in the saddle...The session, on the backside, took about 10 minutes. Instead of trying to block out my pain though, Dr. Petras showed me how to use my mind to have the pain go away if it was healthy for me to have it happen. Amazingly, the pain left and never returned. His technique was quick and effective. I highly recommend...”

Wendy Ohnstad, Horse Trainer (nurse, jockey)