Fractured Ribs

Fracturing a rib is a very painful experience, and it usually occurs through a direct blow to the ribs. Considering that your lungs expand and contract on each inhalation and exhalation, having fractured ribs will cause severe pain and discomfort while the bones heal.

If there are no internal injuries present from the fracture (e.g. an injury to your lungs, spleen, blood vessels, or other parts of your body), then the majority of people with rib fractures will be sent home for rest. Immobilization is not possible, since compression wraps aren't recommended for broken ribs anymore, because they can keep you from taking deep breaths, increasing the risk of pneumonia.[1] Fractured ribs take on average at least 6 weeks to heal.[2] During this healing process it is important to take as many deep breaths as possible, and to cough once an hour to prevent pneumonia or a partial collapse of the lung tissue.[3]

The pain a patient with this condition must endure while healing is extensive, and the only viable conventional pain-relieving options are icing the injured area, plenty of rest, and over-the-counter or prescription-strength pain relievers.[4] The medicated pain-relieving options are great within the first few days of the injury, but it has been shown, especially with long-term use, that instead of actually speeding up the recovery process, their inhibitory effects might interfere with the body's healing process.[5] Now, in the majority of cases, people with broken ribs don't have the opportunity to rest indefinitely, since many of them need to return to their workplace. And this was exactly the case with the female I am going to describe below.

Late one night this lady fell, striking a hard object with the left side of her body, and fracturing 2 ribs. Because she is in her 50's this is a very serious traumatic injury, and something that needed addressing immediately. After visiting her doctor and receiving the okay to return home and rest, she commenced coMra-Therapy treatments within that same week, doing 'Surgery 3', three times a day, and starting an inconsistent schedule of 'Universal 3' treatments.

The night she started the first treatment she felt a sense of relaxation and empowerment; these feelings came from the fact that she now had something that could assist her body heal quicker. On the third day of treatments, upon waking up, she noticed significant pain relief and, as seen in the '3 days later' picture, the bruise had a diminshed appearance. Within 6 days of starting treatments the bruised area of her mid-section showed significant signs of healing and normalisation of all tissues. After 2 weeks, no traces of a bruise and swelling remained, there was simply continued tenderness of the fractured bones. The lady did 5 weeks of treatments, primarily focusing on the area of discomfort by doing the 'Surgery 3' treatments 3 times a day during the first two weeks, and during the following weeks she tapered off the frequency of this treatment due to her improvements. Along with this treatment, she completed a few 'Universal 3' treatments within the 5 week span.

I must emphasize that throughout this time she continued to work, since she promptly returned to her office on the Monday of the week following her accident. This means that during her work day she twisted, turned, walked up and down her office and generally didn't rest as someone normally should in such a condition. What really helped her during this time was the Delta Laser's portability, as she brought the Delta to her work and was able to complete the second

treatment of her day while sitting at her desk.

Below, you can view this lady's progress. The before and after pictures captured the initial extent of her bruising and the subsequent return to a normal looking mid-section.

References:

1. Mayo Clinic - Broken Ribs - Treatments and Drugs

2, 3 & 4. WebMD - Fractured Rib - How is it treated?

5. PhysioRoom.com - Non Steroidal Anti-Inflammatory Drugs in the Treatment of Sports Injury