

August 27, 1942.

Mr. W. F. Coen,
1420 Insurance Exchange Bldg.,
Kansas City, Mo.

Dear Mr. Coen:

I acknowledge receipt of your favor of the 26th instant regarding your sprained wrist. There is one thing additional that I would recommend, and that is that I would have you immerse it half way up the arm in a warm solution of Epsom salts. I would do this morning and night and I would make the water just as hot as you can bear it.

If the skin is tender from the hot water, an application of olive oil to the immersed part will soften and restore the tissues. However, I would not use the olive oil until after you have given the wrist the warm bath.

Doubtless you strained a ligament or tendon and this inflammation is sufficient to keep the wrist irritated. Epsom salts do wonders for some articulations and for some people, while in others it is not so remedial. About two tablespoonsful of Epsom salts to the quart of water is pretty strong - that would be about eight per gallon. You can buy the Epsom salts from the cutrate stores in cloth bags for a very small price.

Personally, I have never been enthusiastic about a leather support. I would much rather use adhesive tape as it gives a much better bandage. Of course, the old standby of all physicians is to tell you to rest the part. But with athletic people we have always worked on the theory that when a fellow wanted to play he would not rest the part, so we have used the adhesive tape with splendid results.

I would be very happy to look at the injured member for you. If you should want to come down, if you will give me a ring here at the University, I will be glad to offer any advice that I am able to give. I do like the infra-red ray lamp, but the immersion in hot water with Epsom salts is much more efficacious. Both are helpful, but I believe the adhesive bandage combined with the remedial agencies should do the job.

I would like to be remembered to Junior and Mrs. Coen and their fine family. With all good wishes, I am

Very cordially yours,

Director of Physical Education,
Varsity Basketball Coach