

Study recommendations needed for injuries

Posted by Bilaam Harasha to Yosef Hatzaddik - 04 Feb 2022 16:59

---

So I'm starting to become religious so I don't know where to find these topics to study but I've been told if I study them, then I'll be able to use that zechut to bring myself to a recovery with Hashem's help and kindness. Here's what I've been told so far but I have no idea what they are or where to find them:

Keytz dareygel or keytz daareygal (or alternatively keitz dareigel or keitz daareigal) This is for an ankle injury I have which isn't a normal sprain I think it's something with my Achillies part that pain moved down to underneath my heel toward the outer side of my foot. Sprains usually heal within 2 weeks and its been more than 3 weeks and I still feel pain when trying to stand upright in a position for more than 30 minutes and not in the normal way with regular sprains.

Mayim achronim. This is for a pretty serious shoulder injury I sustained on my dominant shoulder last march which made it so I couldn't use at all until toward the middle of August. I wasn't even able to stand up and just have my shoulder at my side while walking or standing upright without it being in great pain, even with a sling. The pains are starting to come back and they just hurt a lot although I can still use it baruch Hashem.

Any help would be appreciated of where I can find these topics to study them.

=====  
=====

Re: Study recommendations needed for injuries

Posted by Trouble - 04 Feb 2022 17:13

---

[Bilaam Harasha to Yosef Hatzaddik wrote on 04 Feb 2022 16:59:](#)

So I'm starting to become religious so I don't know where to find these topics to study but I've been told if I study them, then I'll be able to use that zechut to bring myself to a recovery with Hashem's help and kindness. Here's what I've been told so far but I have no idea what they are or where to find them:

Keytz dareygel or keytz daareygal (or alternatively keitz dareigel or keitz daareigal) This is for

an ankle injury I have which isn't a normal sprain I think it's something with my Achillies part that pain moved down to underneath my heel toward the outer side of my foot. Sprains usually heal within 2 weeks and its been more than 3 weeks and I still feel pain when trying to stand upright in a position for more than 30 minutes and not in the normal way with regular sprains.

Mayim achronim. This is for a pretty serious shoulder injury I sustained on my dominant shoulder last march which made it so I couldn't use at all until toward the middle of August. I wasn't even able to stand up and just have my shoulder at my side while walking or standing upright without it being in great pain, even with a sling. The pains are starting to come back and they just hurt a lot although I can still use it baruch Hashem.

Any help would be appreciated of where I can find these topics to study them.

kudos to you for taking the plunge; you, however, are getting bad advice. studying torah is good and connecting to god is good and praying is healthy. if you are sick, go to a doctor. studying various sections of torah or observing certain mitzvos in order to heal or fix specific things is a bad idea.

=====  
=====

Re: Study recommendations needed for injuries  
Posted by 5Uu80\*cdwB#^ - 04 Feb 2022 18:49

---

You should seek proper medical attention for any problems you have that need medical attention.

Unrelated to that, though, you should bez"n learn Shas and poskim and bring down merit into the world.

=====  
=====

Re: Study recommendations needed for injuries  
Posted by wilnevergiveup - 05 Feb 2022 19:19

---

Much like what was said before, those who grew up in mainstream Frum Judaism are all taught

that someone who is sick goes to a doctor.

Sure you can daven and learn Torah, but not instead of seeking medical advice when it's needed.

**Warning: Spoiler!**

=====  
=====

Re: Study recommendations needed for injuries  
Posted by Bilaam Harasha to Yosef Hatzaddik - 05 Feb 2022 23:11

---

Yea I know that it's proper hishtadlut to go to a doctor I was just trying to do those in addition to that. Sorry for phrasing my post the way I did. I was already told where I can find what I'm looking for but I'll probably stick to studying things that are more pertinent for me to learn now.

=====  
=====