



Case: 68 y.o. male with leg numbness

The Person & Complaint

A 68-year-old man presented with left leg numbness. The problem isn't there all of the time, but always starts once he walked for about 100 meters, when the leg goes numb and there is some pain in the hip. He has been going to a chiropractor for 20+ years for this problem. He gets some relief from the chiropractor for hours or days afterwards, and also from just resting, but overall the chiropractic work has not changed the condition. He does the exercise bike every day for 45 minutes, and this does not cause pain or numbness in leg or hip.

The pain/numbness problem limits what he chooses to do since he always gets worried that he'll get somewhere and be too uncomfortable to get back to his car or to home easily. So, he generally chooses not to walk since he doesn't want to make the issue worse.

Other medical problems include:

- Left leg "shorter than" right left. He has worn a shoe insert for years.
- Gallbladder removed in 1995
- Sleep apnoea
- Lower back/sacrum soreness after walking

The Story & Emotions

He had been experiencing the problem for more than 25 years, and he could not remember any specific starting time or event. The only time point he could remember was hiking in Africa 26 years ago, and the problem already existed at that time. The client is a big worrier.

The Energetic System

- Navel centre and stomach organ blocked through worrying
- Stomach channels blocked through leg, hips and sacrum
- Internal Stomach channel accessed through St. 4's is likely blocked, as suggested by sacrum tightness and leg length difference

Treatment – first session

- Open Stomach 45 on left leg.
- Channel was dead at the start, then very prickly and sore. Lots of pressure in channel, and no movement by end of session.

Treatment – second session

Results from last session:

- He thinks he's had some relief from session. It takes longer for the leg to go numb, but only marginally so (200 m vs. 100 m). No change in any other symptoms.

Treatment:

- Open Stomach 45 to Stomach 36 on left leg. Channel was prickly and sore at the start. Got good movement by end of session. Channel feels congested, but much more open.



Treatment – third session

Results from last session:

- He can now walk 2-3 km before noticing any numbness. He's noticing more tension in sacrum after walking.

Treatment:

- Stomach 4's – whole session. Very sore, especially on left side. Got some movement and opening, but still really sore at end of session.
- Leg length shifted – right left is about 1 cm longer now, instead 2.5 cm.

Treatment – fourth session

Results from last session:

- He can now walk 3-4 km before noticing any numbness in leg. He hasn't noticed any tension in sacrum during or after walking.

Treatment:

- Stomach 45 to 36 (L) – got channel feeling pretty good, but there is still tension from the stomach organ.
- Navel centre to stomach organ (on) – burning! Very congested. Got some releases and a lot of gurgles in the stomach, but there remains a lot of soreness.
- Double-handed resonance over stomach (15 mins only) – very sore, but getting some movement and opening.
- Chat about worrying and how this affects the stomach (and most of other symptoms, as well).

Immediately post-treatment:

- Client was able to walk for full days of sightseeing around Sydney with no numbness in leg. He said, "Wow, you've done more for me than 20 or 30 years of going to the chiropractor has ever done!"
- I knew he was returning overseas, so I let him know that there was still tension in his stomach and navel and that he could help those symptoms by noticing when he was worrying and letting himself trust that everything would be ok. I also let him know that the pain/numbness could return because we hadn't gotten the stomach system completely open.

How it was resolved

The client returned overseas after the 4th session. He was able to walk for full days of sightseeing / shopping / hiking without any leg numbness for a period of about 8 months. He said the numbness slowly started to return, and that at this stage (12 months post-treatment) he is able to walk about 2-3 km before feeling the numbness. He has not had the opportunity to return to Australia (and there are no AcuE Practitioners in his country), but he said it remains much better than it ever was, and that he plans to get more treatments when he is able to see a Practitioner. He's back to seeing the chiropractor and he does get temporary relief from those sessions, but it never lasts more than a few days.