



Case: Shoulder Problem, Female

The Person & Complaint

A 46 year old female presented with shoulder problems. She has one child with her partner.

- She cannot move her arm up and it has been like this for at least 6 years. She thought she would need an operation.

Other health issues

- Lower back problem.
- A red sore on GB 43, which has been there for many years
- A red sore also on LI 7, which she said doesn't clear up.

The Story & Emotions

The client feels she can't get the support and help from her partner. She is sad that this issue can't be resolved and was feeling she may leave her partner. She says she has difficulty saying out clearly what she needs. The painful arm began when they were living in London and she always carried the heavy shopping home without help from her partner. She says she represses her own needs.

The Energetic System

- She has likely blocks the Lung and Large Intestine - meridians where there is pain in her shoulder.
- She has blocked the Tifereth and Gevurah through holding onto resentment towards partner.
- Chesed is also blocked as she doesn't speak up.
- Hod may be blocked through lack of self respect
- Check Bladder.
- Blocked GB and LI meridians (given the location of the sores)

Treatment – first session

Dealing with the Shoulder Pain

- Open E lines – Shoulder to heart She released sadness.
Shoulder to base
- Open Shoulder Gates Lu 5 & L 11
- We talked about the issues that came up in particular letting go of the burden.
- There was some improvement as she was able to lift her arm further.
- Resonate Lower back Hod & GB 41
- I advised the client to practice the inner smile. She also decided practicing not being a grouch.

Treatment – second session

There was some improvement in the movement of her arm and she was keen to continue the sessions as she had made such a shift in her attitude.

Shoulder pain

- Chesed - speaking up about her needs
- GB 44 she felt some tingling under her arm
- Back of heart - talk about trusting
- LI 9 and 7 Deadman p109 for lifting arm.
- We discussed the issues and did release work as they arose.

About Heart and Smiles confidential

Treatment – third session

Her shoulder had greatly improved and it was at this stage she told me she had thought that she may need an operation. She can now lift her arm to the side and it is the best it has been for 6 years.

- LI 7 to LI 15 and pain in the shoulder
- LI 1 to LI 7
- Chesed talked about speaking up and release being nice
- Chesed to Yesod

She was able to speak with her partner and son, and is getting help in the house. He has moved all his computer work to one room and is helping clean the house.

Practitioner's notes: There is something holding her together/tight next time check Bladder and GB again

Treatment – fourth session

She noticed she wasn't twisting her arm to raise it. She can move her arm with ease.

Shoulder Pain

- GB 44 releasing story about keeping it all together.
- Bladder 67 releasing being pissed off with partner.
- Chesed release story about being nice.
- Tiffereth open heart to self and partner.

Result/ How it was resolved

What was the result after treatments concluded? How was the complaint resolved?

The client is now able to raise her arm and the two sores have completely cleared up. The lower back problem has gone.

She said her arm is fabulous. 'The sore on GB 43 has never looked like this ever.' The sore has gone. The sore on LI 7 has also cleared up.

"This is the therapy I've been waiting for all my life", the client stated.