

## **Knee injury, 52-year-old Male**

### **The Person & Complaint**

Therapist at a spiritual community, who had been off his regular schedule after knee injury resulting from a skiing accident. Wearing an orthopedic support around his right knee he was dragging his right leg a little while walking. He looked somewhat exhausted and said his right knee still felt unstable.

Other issues

- baker cyst under right knee (post-traumatic)

### **The Story & Emotions**

- He had felt exhausted and drained when setting off for his skiing holidays. The feeling remained while he and his partner started skiing, but he ignored the need for rest and pushed through it. He then fell on a challenging slope and couldn't get up. His partner called the ambulance and he had to be taken to the hospital. The x-ray, which was done, showed the following injuries in his right knee:
- cross-ligaments affected, femoral subtotal medial collateral ligament rupture, femoral anterior cruciate ligament rupture, bone bruises, joint effusion, baker's cyst (post-traumatic), muscle fibre tear in lateral capsule of gastrocnemius muscle
- He had to rest and take things easy for the rest of his holidays and had only returned to work a few weeks prior to seeing me. He had started working with a physiotherapist, which had helped improve the knee. Since the right knee still felt unstable, he did not feel comfortable putting much weight on the right leg when walking and used an orthopedic support for the right knee/leg.
- When talking about the accident and what might have worried him, he mentioned the general work load (finding it hard to meet all the demands of his duties as therapist and temporary house manager), lack of sleep and issues around aging.

### **The Energetic System**

- insufficient flow in his SP, ST meridians
- tension in K/BL- running on adrenaline, existential fears
- congested spleen (from overthinking, worrying)

### **Treatment – first session**

I treated point of pain on knee (between SP 9 & 10) & elephant eye M-LE-16 & sacral centre (very charged, painful, opened after 40 min.), sacral centre & St45 & SP1 on feet (very charged, slightly drafty feeling, better flow towards end of session)

### **Treatment – second session**

He came back about 10 days later reporting that the knee had gotten noticeably better, yet the cyst under right knee still bothered him and seemed to reinforce the feeling of instability. I first did a wind gate for the right kidney (very sore, charged and hot, started flowing better after 40

min., burned off marsh under knees), finished off with (SP) point of pain on inside of right knee & St45 (hot, sharp pain, easing off towards end of session)

### **Treatment – third session**

The following week the knee was better, yet the cyst still inhibited him when walking and putting weight onto the right leg.

I therefore did a lymphatic drainage for the right knee and cyst under right knee (1hour). I then balanced spleen organ on to ST 35 on the right side (hot and charged, started opening up after 20 min.), proceeded with under right knee & Sp6 (hot, charged, painful, moving yet can do with more work) to ground and finish off

### **Treatment – fourth session**

The 1st lymph drainage, proved to be very effective. The following week the swelling and pain had gone down and there was better mobility in client's knee joint.

I did a 2nd lymph drainage for the right knee and cyst under the right knee (40 min.). Afterwards I balanced the spleen & stomach organ (on) to St 35 & ex MN-LE-16 on the right knee (very charged, hot and painful, started opening up after 25 min.), continued with same meridian points St 35 & ex MN-LE-16 & under right knee (painful, hot, charged, started opening after 20 min.), under right knee & Sp6 to ground and finish off (still sharp pain, yet better flow)

### **Treatment – fifth session**

The client's right knee felt fine after this and he was very happy to be able to walk without the orthopedic support. He wanted to ensure that the meridian flow was sufficient for continued healing and returned for yet another session. I balanced a combination of points on the right knee- Sp10 & St35 & 36 & MN-LE-16- to SP 9 (very charged and hot, started opening up after 35 min.), continued with Sp9 & under right knee (very hot and painful, started balancing after 15 min.. Finished off with under right knee) to ground.

### **Result/ How it was resolved**

I saw him walking around like normal afterwards and being in much better spirits as he could go back to doing therapy session work for the first time since the accident.