

Pain in left arm, 58-year-old Female

The Person & Complaint

An overall very fit and healthy woman, accountant and long-time yoga practitioner in her late 50s, the client called me because of discomfort she was experiencing during her yoga practice and other activities. She was perfectly on time, and looked well groomed when she turned up. She had strained her left arm during her summer holidays. Physiotherapy had helped her manage the pain and stabilize the situation, yet there was still some discomfort (3 to 4 out of 10)- especially when moving the left arm up and back.

Other issues

- Minor menopausal symptoms related to heat, occasional neck pain

The Story & Emotions

The client had had pain in her arm for a couple of weeks when she came to see me. She had strained the deltoid muscle of her left arm when trying to get into a canoe during her holidays in Croatia in Sept 2019. The incident seemed minor at first, yet the had pain increased after the holidays. She felt it most of all when moving her left arm up and back, eg. during certain yoga postures (Trikonasana).

The Energetic System

- insufficient flow in GB and TH meridians
- weak C7/throat: embarrassed by 'imperfections' in behaviour, judgmental in turn

Treatment – first session

I balanced C7 (gevurah) to LU5 on the left arm (very hot and charged, buzzing, heat and charge slowly dissipating, cleared after 35 min.) and she talked me through the details of the accident, admitting that she had felt impatient when getting into the boat and slightly embarrassed when lost her balance. I continued by balancing C7 to TH14 & the point of pain on her left shoulder (very charged and hot, yet moving quite willingly and opening up after 35 min.) and we talked about letting go of things that had burdened her. I treated TH14 & Th13 & TH5 on the left arm (burning heat and charge, stabbing pain into my hand, slowly easing up yet still very intense after 20 min., needs more work).

Treatment – second session

She came back a week later and said that the pain had nearly disappeared yet she noticed some discomfort in her right arm, too. I started where I had left off: TH14 & Th13 & TH5 on the left arm (hot, painful, opening up after 20 min.). Continued with TH5 & GB41 (left) very charged and hot and opened after around 30 min. I then balanced C7 to TH5 on the right arm (tight and hot, opened after 20 min.) and she talked about other incidents where she had felt embarrassed and/or off balance. I finished off with TH5 & LI4 on the right arm (very hot and painful, charged, opened after 20 min.).

Treatment – third session

The pain in her arms subsided completely. Half a year later she came back after a bike accident. She had severe pain in the ribs on the left side of her body as well as on the right side of her throat.

- I checked shen tao, which was very sore, and balanced it to the area of injury- GB 22/23/24 on left side of ribcage (very charged and painful, started flowing better after 30 min.) and she talked about the accident. She was upset with her parents who had expected her to pick up a cake for her partner instead of bringing it around. Even though she did not feel like it, she had gone to her parents' after work and done as she had been expected to. It started raining when she left their house. On the road a car pulled out unexpectedly so she lost her balance and slid off the bike and with the front of her body across the tarmac. I then balanced the throat centre to the point of injury (around St9) on the right side of throat (hot and charged, opening after 25 min.). I finally balanced the base to the ribcage injury (very hot, charged and started moving intensely after 30 min., close to opening up, but could do with more work) and she talked about previous bike injuries. At the end of the session I suggested to the client to take extra care during physical activity for the coming weeks even if she no longer felt pain. Moreover I asked her to become more aware of situations where she felt inclined to force or push beyond what felt right to her and potentially back off.

Result/ How it was resolved

The client had little pain after the session, and the injuries healed up quickly. She started being more gentle towards herself.