

Fractured spine/ horse-riding accident, 44-year-old Female

The Person & Complaint

The client who usually works as a freelance coach and flies a lot on business had fractured two of her spinal vertebrae (T12 & L1) during a horse-riding accident in her spare time. She was in 10 out of 10 pain when I came to treat her at her house and could not move much at all.

Other issues

- irritable bowel syndrome, work-related stress, anger and exhaustion
- accident-prone when under stress (past injuries: small left toe)
- temporary difficulties sleeping (wakes up and cannot go back to sleep) and winding down after work, always on guard, headaches and dizziness at times

The Story & Emotions

The client had started getting AcuEnergetics® treatments on an irregular basis and always benefited from the results.

Her range of stress-related complaints included IBS, food intolerances, interrupted sleep patterns, a tendency to overdo exercise to the point of injury (left toe, neck), cyst in right ovaries, unaddressed anger issues with the colleague who she did the coaching seminars with. As she noticed the amount of work-related stress increasing she started seeing me more often to maintain her balance. While feeling that a change in her work circumstances was necessary she had been postponing it. Then the accident happened and she consequently she was forced to stay home after the initial surgery. I treated her at her house over a series of five sessions (once a week) while was getting physiotherapy as well as acupuncture at the same time.

The Energetic System

- navel centre weak- tendency to worry based on emotional fears
- Insufficient flow in her K, BL, St, GB (trying to control her emotions) meridians
- weak sacral centre: safety/financial security, relationship issues with business partner
- base: survival fears
- shen tao- lack of trust in men in general, abandonment issues with her father who left her mother when she was a child

Treatment – first session

- I started off by treating the injured vertebrae by balancing the back Shu to respective front Mu points. As she could not lie on her side for long I treated each of them 15 min.:
 1. for T12 I balanced the back shu **BL21 BB** (very charged and heat dissipating)
 2. for L1 I balanced **BL 22 & GV5** (seemed pretty stuck and numb, slowly opening up)

I continued with balancing heart & throat and she talked about the accident and how it happened, that she had been upset and angry with her business partner and stressed due to flying (very charged, slowly unwinding, opening up after 30 min.). I then balanced the heart to the navel and she said that she had initially felt upset that she did not listen to her gut feelings (waves of pain and pins and needles altering, easing up after 25 min.) netzach-base to ground and finish off

Treatment – second session

I started off by balancing BL21 BB (still very charged and hot, yet flow improving, 20 min.), continued with BL22 & GV5 (not as numb and stuck, yet taking time to unwind, needs more work, 30 min.). When she could no longer lie on her side, she turned onto her back and I treated the navel centre to the base. (waves of numbness and pain, shifting slowly to more open flow after 35 min.). The client said she was worried that changing the status quo (business partner/job) would have financial consequences she would not be able to manage. I balanced base to earth point (5 min.) finish off and ground her.

Treatment – third session

I continued with BL21 BB (hot, charged, better flow, opening up after 25 min.), then changed over to BL22 & GV5 (better flow, heat dissipating, easing up after 35 min.). She turned on her back and I balanced CV 8 (navel point) to the base (very charged and painful, pins and needles at times, better towards end of session)

Treatment – fourth session

I balanced BL21 BB to BL67 (left where little toe had been broken before) and she talked about both accidents (painful, charged, opening up after 35 min.). I continued with BL22 (Triple Heater Shu) & GV5 to BL 39 (left side, lower Sea point of TH channel)- painful, hot, spraying, better after 35 min, yet needs more work), She needed to turn over and balanced the navel (CV8) to the base again (still charged, yet no more numbness, shifting towards end of session).

Treatment – fifth session

I balanced BL21 BB to BL67 L (better flow, still going through waves of pain, yet opening up after 30 min.). I continued with BL22 & GV5 to BL 39 L (hot, charge dissipating after 40 min.). I finished off with the navel (CV8) and base (less pain, heat slowly dissipating, pretty good flow towards end of session).

Treatment – sixth session

She took a long break as she had started feeling a lot better, more able to move about and leave the house for other therapy appointments (paid for by health insurance). She returned 5 months later saying she would go back to work in the coming year.

I gave her a sacral balance from the hips upwards to help integrate the energy and relieve the trauma held in that part of her body.

Result/ How it was resolved

She recovered fully and made some important changes around her job and work-life balance. She started off by clarifying things with her colleague, making sure she had regular breaks and more time to herself both during seminars and when she was off work. She no longer has trouble sleeping and has become a lot more relaxed as well as resilient.