

# Right knee swollen and in pain, 38-year-old Female

## The Person & Complaint

Mother, married with two children. She had come a long way to see me and was slightly flustered due to the heat. Her right knees had started swelling and hurting on the medial side recently (5-10 out of 10 pain), which made walking a little uncomfortable. The client had torn the medial meniscus of her left knee a year prior to her seeing me. It happened during a gym workout routine.

## Other issues

- heart palpitations, exam-related anxiety

## The Story & Emotions

Right knee hurt more acutely than the left one. Pain (ranging from 5-8/10) and swelling had started one day after her BA exams. When studying for her exams she had been sitting for 8-10 hours a day, experiencing heart palpitations and anxiety, worried she might not pass. She found it hard to divide her time between family life and studying and often felt guilty that she had taken up the studies in the first place. She went on a long walking tour a day after the exams, which was when the knee issues started. Even though she preferred yoga she had resorted to a workout routine at a gym, which her friends/family had recommended and injured her left knee there a year prior to her current issues.

## The Energetic System

- Spleen – overthinking/worry
- Kidney gate – not honouring her own needs, putting others first
- Insufficient flow in her navel centre- slightly overweight
- Insufficient flow in her LIV, St, Sp meridians

## Treatment – first session

I balanced SPg on the right to the kidney gate and the client talked about finding it hard to listen to her own inner voice. She mentioned that she liked yoga but that she had started working out at the gym because her friends/family had suggested that being more efficient (very hot and charged, calming down and opening up after 30 min.). I then treated spleen organ & Spg (spraying, damp, wiry, eventually settling more after 40 min.) and she shared her general insecurities around knowing what was right for her, her tendencies to overthink and worry, especially in matters concerning her family. I balanced SPg to the navel and she talked about her anxiety during the exam period, her fear of failure and the heart palpitations that she had experienced during that period.

Homework: I asked her listen to her heart more and to practise being gentle with herself (inner smile meditation to strengthen her sense of trust and calm her down). I suggested she take some time out for herself to be able to be more present for her family.

## **Treatment – second session**

The swelling and pain (4-5/10) had gone down when she returned a week later. She reported that she had signed up for a gentle yoga workshop and had managed to free up little pockets of time throughout the week to meditate and relax. I treated Sp9 & LIV7 on the right (45 min., very sore and charged, heat dissipating, better flow towards end, yet needs more work). I continued by balancing St35 & MHE-16 on the right side (45 min., charged, hot, painful, less sore at end, yet need more work).

## **Treatment – third session**

The client came back the following week. Both the pain (3 out of 10) and swelling had decreased even further. I started with St35 & MHE-16 on the right (better flow this time, charged, yet opened up more willingly after 20 min.). I treated Sp9 & LIV7 on the right (LIV7 very sore, charged, opened up after 25 min.). I balanced Sp9 & Liv7 & Liv3 (first very sore and hot, yet eventually the pain subsided and flow balanced after 20 min.). I finished off with ST35 & 36 to the stomach muscle meridian, hand on knee-stomach muscle meridian under foot (congested, hot, started unwinding and opening towards end of session).

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

As I had to leave town and the client went on a longer vacation we completed the treatment after the third session. She wrote to me after her trip saying that her right knee was no longer painful nor swollen. It had stayed clear of jogging (which she did not like very much) but had done a fair amount of walking to strengthen her knees. They had held up throughout the holidays and she was more able to take regular breaks and relax instead of pushing beyond her boundaries.