

Case 2 Anterior cruciate ligament tear

AT female, age 38 March - June 2013

Presented with complete tear of anterior cruciate ligament in her left knee. Diagnosed with MRI by orthopaedic specialist. Couldn't walk without crutches and surgical brace. In 8/10 pain . Reconstruction operation recommended but as the estimate waiting was longer than six months and had no private insurance, she decided to treat it meanwhile so she could become more functional. She works as a massage therapist and was unable to work and go shopping for food etc

When questioned the accident happened when she was having fun playing kickboxing games with her friends. She said there were no emotional dramas at the time and no other problems in her current life she just wanted her knee fixed.

She told me she has a history of a very uncomfortable childhood - stories of a promiscuous uncaring mother who was addicted to drugs. She had done a lot of therapy about this and said under no circumstances wanted to recollect her unpleasant experiences. She has developed a resilient and independent personality

On examination her knee was most tender at anterior medial aspect along Spleen meridian.!

Treatment was site of injury (on body) to spleen 6 to base yesod and heart. Even though it was her left knee there seemed to be no problem connecting with w Hod . I treated her approx. 6 times at one to two week intervals. After the first session she did not need the crutches and she bought a walking stick on the internet but did not need it when it arrived a few days later. She could start working again gradually after a couple of weeks Three months after the accident she saw the specialist who had originally recommended an operation. He told her that she will not need this operation now as she is one of the few rare individuals whose cruciate ligament regenerates ! she now walks easily and can go up and down stairs without problems. Nine months later she is fully recovered. !