



Case: 72 y.o. Female with shoulder pain

The Person & Complaint

A 72 year old woman presented with significant pain in her left shoulder (6/10) that she's had for years. She can't remember when it had started, and she thinks it has just gradually gotten worse over time. She can fully move her right arm above her head, but the movement in her left arm is compromised by approximately 25-30 degrees of movement. When she does lift her arm above toward her head, she has pain at LI 15. She previously had a rotator cuff surgery on the same shoulder, but she can't remember when the surgery happened. The client also has neck pain and degeneration of the neck and discs in the cervical spine. The client has had years of physio and massage, which helps for a period of time, and then the pain returns. There is a ~7mm bump between knuckles of pointer and middle fingers, which she says has been there for a long time (but again, she can't remember when it started...).

The Story & Emotions

The client appears to be a crotchety old woman who 'stirs the pot' with everyone and then feels 'horribly offended' when anyone calls her on it. She is a big grudge holder.

The Energetic System

- C7 blocked through holding grudges
- Large Intestine channel blocked through shoulder – pain at LI 15
- Will have to check other channels during session

Treatment – first session

- One hand on C7 for whole session – very sluggish and achy
- Other had to LI 2:
 - Numb at the start.
 - I asked her directly if she holds grudges, and she looked at me very seriously for about 10 seconds as if deciding how to answer and then said, "I am the worst person I know for holding grudges, and I've never admitted that before."
 - We had a chat about how holding grudges can cause this shoulder pain and she talked about how she hates this part of her character and has never been able to talk to anyone about it before.
 - I continued on LI 2 (and C7), and then she looked at me suddenly and said "There is an electronic beetle climbing up my arm from where you finger is!!" just as there was a massive release in the LI channel. Lots of shifts in energy, big releases. Took 45 mins to get things moving.
- Then moved 2nd hand to Bladder Divergent on the thumb. Numb at start, then got movement after 15 mins.
- Briefly felt energy at Baxie point between the knuckles of pointer and middle fingers. Will need to open it next session.

Results at end of session:

- Movement in C7
- No pain in shoulder when at rest or when moving her arm around



- She can move left arm to same height above/next to head as she can with right arm. It does require more “strength” but it’s possible now.

Treatment – second session

Results from last session:

- Shoulder feels even “looser” now than it did at the end of the last session.
- No pain in shoulder.
- Neck and shoulders are sore in the mornings (on GB line). She’s questioning the pillow (she is in Sydney temporarily), but said that maybe her shoulders and neck hurt in the mornings at home, too. Hard to move neck (ear to shoulder movement).

Treatment:

- GB 21’s – super electric! Got movement in the channel after 25 minutes. Released some movement, but pain still along SI area just over shoulders into back.
- SI 1 to SI 2 on other hand, then flipped sides. Opened up a lot of movement in neck.
- GB divergent on middle finger to LI 1 (one on each hand, then flipped sides). Released all but the last bit of tension in neck.
- SI 1 to LI 2 on opposite hands, then flipped sides again. No pain or tension in neck.

Results from session:

- No pain or tension in neck.
- No pain or tension in shoulder. Can move both arms to the same degree.

How it was resolved

Client went back home (overseas), and I have not seen her since. Her daughter told me that her shoulder and neck have remained much better. She has some niggles of pain, but nothing like she did before. If she comes back, I would definitely open the Baxie point where she has the lump and check C7, LI, Bladder, SI, and GB channels.