



Case: 46 y.o. Female, pain in arms and wrists

The Person & Complaint

A 45-year-old female presented with constant 7-8/10 pain in her wrists and intermittent pain in her arms, when she tries to raise her arms. The pain started in her R wrist, but then also came in to her L wrist and up into her arms. Typing, kneading bread, and doing anything with her hands for more than 10 minutes brings her a lot of pain (7-8/10). Arms feel heavy, and she feels she has lost strength in her arms. The pain started nine months previously. She has had a lot of Western medicine tests for inflammatory problems, such as rheumatoid arthritis, but these tests have come back "clean."

Other medical history to note: hot flushes, early menopause

The Story & Emotions

The pain started when she made a mistake on a spreadsheet database at work that required her to do about 60 or 70 hours of work to correct it. All of the work was on the computer, and she forced herself to work for at least 10 hours a day until the problem was resolved. She works for her mother, and her usual schedule is only 15-20 hours of work per week. She said that while she was doing the work she constantly tortured herself about having made the mistake and really resented having to go back to fix it. Through doing the work to fix the problem, the pain in her wrists went up to 7/10 (no pain previously). Worst pain in hands is in ring and little fingers.

The client had seen one other AcuEnergetics Practitioner, who had spent a session opening the back of her heart at Shen Tao. The client was very angry about it and said to me, "Doesn't he realise I can do that at home?! I can't believe I wasted money on that!!" She has done courses at AcuE so I asked her if she was doing the Inner Smile as a way to help open her heart and keep energy flowing around her body. She said she was not doing it regularly and acknowledged that she probably was very congested in the heart. Still, she asked me to focus on things other than her heart and committed to doing the Inner Smile regularly.

She has two sons, one with special needs, and an unhappy marriage. She feels very 'stuck' in her marriage, and generally stuck in life...always looking after everyone else and not her own interests. She seems very resentful and angry.

The Energetic System

- Blocked at C7 through resentment and feeling stuck
- Blocked in Wrist Gates and some of the channels from C7 into hands – will have to figure out which ones in treatment! Likely to be SI, Heart, Stomach, and/or TH.
- Blocked at Shen Tao, Heart, Pericardium – generally unhappy and angry
- Gallbladder likely congested – control, fascia through arms and wrists
- Liver and throat congested – angry and hot flushes!!
- Triple Heater compromised through Pericardium and Liver congestion leading to Hot Flushes



Treatment – first session

Treatment:

- Resonance to C7 while opening Wrist Gates (Pc 6 and TH 5) on R side
- Chat about marriage and feeling stuck, resenting her husband for buying a second “fun” car instead of him spending it on/with the family
- Chat about the mistake and how angry she was about having to fix it. Also chatted about her first office job when she never felt like she could keep up with some of the other office girls, and how she is a bit resentful to be working for her mother vs doing what she is more excited about (although she says she doesn’t know what that is)...and letting her down in her ability to do the job!
- “I release feeling stuck” over C7 and Throat – Massive opening and lots of pain released. Really shifted pain in C7, arms, and wrists.
- While still on C7, opened SI 1 – big release of pain. Also did TH 1: lot of pain, and will need more.
- Asked her to do IS and notice how angry she is, especially around husband

Results at end of session:

- Can move hands and arms normally.
- Pain is 1/10 and arms no longer feel heavy.

Treatment – second session (9 days later)

Results from last session:

- Her hand has been really good! She feels that she can now do most things she needs to do and she says it’s 60-70% better.
- She had two short period of pain where the hands/wrists were really achy. She says “idleness” bring up pain now. Usual pain in ring and little fingers has decreased a lot, but she did have some “random” pain in the LI 4 area: 8/10 pain
- She’s been doing Inner Smile daily and is feeling better and calmer for it
- Feeling grounded and open to husband
- Booked a family holiday

Treatment (all on R side, as it was the worst side):

- Wrist Gates – got to nice, smooth movement
- SI 1 and PC 9 – felt really good and open after 30 mins
- BI Div on thumb to LI 4 – lot of shifts, got it moving
- TH 1 to Hand Gate on back of hand (opposite PC 8) – got it moving, and it lessened the tension in the hand overall
- Suggested daily IS and opening C7 during meditation.
- I told her that I didn’t think she would need another session on this problem unless she went back into her “stuck” or resentful thinking.

Results at end of session:

- No pain and hands feel relaxed

Treatment – third session (about three months later)

- She said she was really, really good until the past week when her arms and hands again became painful, heavy, and cold.
- She has not had any hot flushes and she has been sleeping well



- She has a bad headache at the occiput, and is very wound up about the family holiday in a few days and feeling like she is the only one doing anything to help get ready for the trip.
- She is having trouble meditating

Treatment:

- Kidneys (on) to calm her down. Very shaky at the start, and got them reasonably calmed and connected to Shen Tao.
- Balanced Base to C7 – Base was very sore, and no energy at all at C7. Chat about resentment and asking for help from family instead of sitting around being resentful that no one was helping her.
- Balanced Base to Occiput – headache went away
- Opened Wrist Gates (PC 6 and TH 5) to SI 1 – warmth came back into arms and hands. Pain went away, but then she became dizzy.
- Balanced Stomach Divergent (on ring finger) and TH 1 to TH 5. Dizziness went away.
- Reinforced the pattern she's exhibiting of closing C7 and getting symptoms in hands and arms. I told her she wouldn't need another session if she meditated every day and kept her heart and C7 open.

How it was resolved

The client came back to see me seven months later for another problem (liver-related) and said that she had not had any further issues with her arms and hands. She had also established a regular meditation practice.