



Case: 33 y.o Female, VG

The Person & Complaint

A 33-year-old female fitness instructor presented with severe back pain on the left side of the sacrum/sacroiliac joint and around L4/L5. Pain is always at least 8/10 and it started about three weeks previously. The client has tried pharmaceuticals, chiro, physio, acupuncture (dry needling done on self that she learned from a weekend dry needling course), massage, and other forms of energetic healing. Client has not been able to do any fitness instruction and she is stressed about that and getting out of shape due to injury. The client also has intermittent 5/10 pain from cervical vertebrae into occiput tracking along the GB channel.

No other medical problems were raised on questioning. She is very fit and healthy, generally doing at least 2-3 hours of fitness each day and teaching wellness.

The Story & Emotions

- Client is going through a divorce with a man who is a public figure, and it has been dragging on for a couple of years. He has been attacking her character and trying to prevent her from getting any money or property out of the divorce.
- She had set a goal to move overseas and in order to achieve this she needed the divorce done by a particular date. Just prior to the injury, her lawyer told her that the divorce had no chance of being done by that date. The client feels the divorce is holding her back.
- Injury happened in a yoga class immediately following the meeting with her lawyer. Her back just "gave out," despite regularly doing the same posture.

The Energetic System

- Blocking in Gallbladder (not in control) and at Kidney Gate (feeling unsupported) restricted energy flow to and through her lower back.
- GB and BI channels likely blocked, and will need to see if Stomach is also blocked

Treatment – first session

- Resonance to Kidney Gate to Sacral Centre
 - Talk about lawyer, plan to move overseas, divorce, feeling disappointed, unsupported, and "controlled by ex who isn't even in [her] life anymore!"
 - "I release feeling controlled by you xxx (husband's name)"
 - "I release feeling unsupported"
- Resonance to GB – very sore at start, but then got good movement and opening
- GB 41 to 34 on (L) – Belt channel and sea point for GB – very sore, big opening.
- GB 43 to BI 66 bilaterally– lots of release, but will need more
- Pain down to 5/10
- HW: notice her pattern of needing to control, tightening up

Treatment – second session

Results from previous treatment:

- Felt really nauseous after session, had fever, took pain killers and had colonic
- Day after session, didn't need painkillers any more; hasn't taken them since



- Got MRI, Specialist comments:
 - “You have a perfect spine, I’ve never seen this before!”
 - “I am shocked how great your spine looks vs. the pain you’ve had.”
 - “I am sure that you will recover 100%”
- Got a deep tissue massage
- Pain: occasional 5/10 pain, not constant 8/10+ as it was before
- Did a bit of yoga yesterday, first time in weeks. I talked to her about staying off the exercise even though she is feeling better. I explained that the body still needs to heal the injured area even though the pain is now much reduced.

Treatment:

- GB 41 on both sides
- GB 43 and BI 66 on both sides
- Got to movement in all, but channels are still tight

Treatment – third session

Results from previous treatment:

- Backed flared up when she was moving house. Pain is “here and there” up to 6-7/10, but not frequent.
- Pain is mostly on (L), but she feels a bit of pain and instability on (R).
- She is now feeling well enough to teach a class tomorrow night, first time in three weeks. She says she won’t demonstrate postures.

Treatment:

- GB 41, GB 43, BI 66 – all on L. Painful and sore, got to movement, but it didn’t fully open up.
- Double pass – Kidney Gate to Navel Centre:
 - Chat about husband, relationship, pressure he and his family used to put on her about having kids, and how she felt about not getting pregnant whilst they were “trying.”
 - Painful and sore, very disconnected
 - Just got to movement at very end of session
- No pain at end of session

Treatment – fourth session

Results from previous treatment:

- Pain very low, and at a “background level”
- Back is a little “flared up” today because from massage yesterday

Treatment:

- GB organ – tight, then released a lot, and could feel opening, but might need more
- GB 43, BI 67 (L) – could feel opening into lower back, felt pretty good
- GB 41 to 44 (L) – sore! Lots of shifts and releases of energy.
- Felt stomach 4’s – very tight. If GB and BI don’t clear pain, we may need to to St. 4’s.
- “Background pain” at end of session



Treatment – fifth session

Results from previous treatment:

- Feeling really good!
- Did exercise this morning
- Back is the “tiniest bit irritated every now and then, but rarely”

Treatment:

- BI 62 to 67 and underneath little toe to kidney divergent (L) – some congestion, big energy releases up leg and into back several times. Client had pain into back and onto right side.
- GB 41 to 34 – similar to BI points – congested, then releases of electricity up leg and into back.
- There is some tension still in the BI and GB channels, I have recommended to the client that she has one more session to clear remaining tension even though her pain is now very minor and infrequent.

Treatment – sixth session

Results from previous treatment:

- Pain went up to 7/10 after last session. She went to see her lawyer again and was again told that divorce would not be finalised anytime soon. She left the lawyers office and ran across the street to catch a cab...and her back gave out and she could feel pain in the lower back and into sacrum.

Treatment:

- BI 62 to 67 and Kid div under little toe while talking about the pattern of when the pain starts. She could see the emotional connection of the divorce status and having her pain increase. Got to open, smooth movement.
- No pain in back, but pain in sacrum now. Stomach 4's to release pain in sacrum – VERY painful, and did not fully clear in session. I have suggested another session on St. 4's to release sacrum and explained the connection to worrying.

How it was resolved

After sixth session, the client returned and said her back had been feeling so good that she wanted to spend the time working on getting her menstrual cycle that had been out of whack. We did a session on the congestion in the Sacral Centre and later in the year addressed other problems that started at that time (sleeping issues → resolved through Shen Tao and PC). At the time of writing this, it had been 10 months since our final session on her back and she had not had any pain return. She also decided to move to Europe anyway, and is still working to finalise her divorce from overseas.