

Case: 35 year old male with Facioscapulohumeral muscular dystrophy

The person and the complaint

- A 35 year old male presented with Primary Thrombocythemia
- The muscle weakness is on the right hand side of the body and particularly affects the use of the right arm.
- Right arm cannot be lifted above shoulder height and rotation is also limited.
- Client was told that the problem is hereditary. His sister also has it but on the left hand side of the body.
- Client is a video journalist and finds it increasingly difficult to set up video camera. There is no pain but client is seeking to regain the full use of his arm especially, but also has minor issues with right leg.

Doctor says there is not much that can be done and to expect slow and steady muscle wastage

The Energetic system

Stomach blocked from worry that he is going to lose control of the right side of his body.

When working with the client he demonstrates high levels of anxiety and insecurity. This would indicate that the base is blocked (survival fears) and the navel centre through worry. This in turn would block the earth meridians – Stomach and Spleen.

Muscles are nourished by the stomach system. And the channel flows exactly in line with the clients issues on the right leg.

The restrictions of movement in the right arm stem from the muscle system around the scapula and the stomach muscle meridian.

There also seems to be an underlying level of grief and resentment indicating a block at Geburah and Chesed through being unable to express himself fully. These two centres have a controlling effect around the area the shoulders and impact the meridians flowing there.

Treatment

1. Outlined the boundary of movement with the client by making a mark on the wall in line with how high he could lift it with a straight back. After 10 minutes of resonating the stomach muscle meridian at the foot he was able to lift his arm 2 inches approx higher. Spent the rest of the session on this point. At the end of the session he could move the arm several inches higher and had more rotational movement too.

2. we discussed how holding and controlling emotions contracts the body and in particular how the stomach is effected by worrying and anxiety. And when blocked the stomach is unable to nourish muscles. Working with Shen Tao and Geburah the client talked about the stress of work and expectations. Released resentment.

3. Client had a good week. He felt that work was easier to manage and was getting less anxious about delivering stories for the programme. Working on the base centre the client recalled stress of moving home several times as a child and how unsettling that was. Reports more strength in shoulder area and much more movement which has had a huge impact on his ability to do camerawork.

resolution:

Client very pleased with the recovery of movement and is now able to use right arm for lifting and operating video camera. He is keen to have more sessions.