

Case: Back Pain, 43 y.o. male

The Person & Complaint:

- 43 year old male, starting new job and is presenting with severe lower back pain during the second week on the job.
- The back pain is on the lower left side, midway between the spine and the hip and in the area near the BL53 point. Fascia is tight in that area too.
- He has had back pain several times before and has sought chiropractic care in the past. He has not currently been seen by a chiro for this pain.
- He also has sciatica pain that goes down the back side of his leg and ends behind the knee.
- His left hip has also been a bit sore on the side of his body.
- He has poor arches on the bottoms of his feet, and in the past he has gone through having severe foot pain.

The Story & Emotions:

- During his first week at his new job he started to feel a little tight. In the second week, he wore uncomfortable shoes and by the end of the week his back pain was at a 9. He had not been suffering any back pain in the recent past leading up to starting his new employment.
- He feels great about his new job. He feels like he has been very welcomed into the position and like he is already proving an asset as his background, knowledge, and skill are based in the position he was hired for.
- Previously he was working for a friend of the family in a start-up business. That work was home based and was slow moving and not very lucrative. He had planned on continuing to also do that job part-time but now that he has started his new job he feels less motivated to put time into his first job.
- The original job had been frustrating because he felt like his boss had too many things going on with his other businesses that he also owns. He felt that the owner/friend did not have enough focus to get this division up and going that he was employed at. The client also had the opinion that the mother company they were representing through his original job was not supportive in backing their product.
- In taking the new full-time job he down-played it to his current boss and assured his loyalty to keeping it going in spite of his second new job.

The Energetic System:

- Bladder channel is congested - that is the line of pain of the back and sciatic pain.
- Effect on Hod in feeling dishonorable in having been committed to his job and boss but now starting a new venture that is going better than his original job. Original boss also being a friend of the family is likely adding another layer of struggle with loyalty/dishonor.

- Frustration for the original job had previously been congesting gallbladder/liver systems causing predisposition for tightness in fascia. Also, showing up in the side of the body hip pain as gallbladder meridian congestion.
- Weak kidney meridian system- bottoms of his feet had a history of previous pain and were sensitive to wearing bad shoes which he felt played a factor in setting off his severe back pain.

Treatment – 1st Session:

- Pain is at a 9 to start. Did resonance on the body at BL 40 (hot burn and pain) to off GB organ (pain). Got a bit lighter but still achy at both.
- BL40 (achy tight) to BL60 (burn hot pain) resonance on the body at both.
- End of the visit the pain had gone down to a 6.
- The next morning the client reported that when he woke up he could stretch his hands down to his toes while sitting in bed and said he couldn't do that yesterday morning. He said his pain level was at a 3 upon waking that day.

Treatment – 2nd Session:

- Pain is at a 7. He can feel it all through his left knee, in the front and the back. He can also feel an ache that stretches into his testicles.
- Did resonance off BL40 (pain and burning hot) to BL60 (burny hot pain) both lightened but BL60 had more pain during.
- GB organ (painful) to GB34 (very painful) started to lighten as well, still more pain in GB34 though.
- BL66 (very tight and pain) to GB43 (achy) did not get much better. Just did for 10 minutes at the end to see how it felt
- End of visit when client got up pain level was a 3.

Treatment – 3rd Session:

- Client reports that the highest the pain has been is a 5. And ranges on average between a 3 to 5. Pain is currently low, actually at a 2.
- Did resonance on BL40 under knee to BL60 off body- both are achy, to slight ache, to feeling pretty good.
- BL66 (tight- and then ache) to GB43 (heat and then intermittent heat).
- End of visit client says he can feel it barely when he stands and walks, he would give it maybe a 1.

Treatment – 4th Session:

- Pain level is at a zero. He has had no pain. Did recall having one slight twinge the other day when he cracked his neck, but it was gone in an instant. He has felt no stiffness in his body either.

- Work is stressful trying to learn and at the same time catch up from the previous guy's mess that he left behind. So far he does like the job and feels like it will be his life long career.
- Resonance at BL66 (ache) to GB43 (warmth). BL66 went through short bout of burning too. Both points lightened and then I felt a strong electric flow at both. They began to make circular motions.
- Resonance to GB organ. It started off as achy but quickly moved to lightening and was buzzing by the end.

Result:

- I follow-up a month later and the client's back and sciatica pain had never returned. He is feeling more grounded at his new job, busy, learning a lot, but really liking it. He has done a little work for his original job and his boss/friend has been ok with that when he has talked to him.