



CASE STUDY 1: *Female, 35 , Sciatica*

The Person & Complaint

- Gave birth to second child in Aug 2012. Difficult birth.
- Pain in lower back L5 / right side a month ago (Beg of December), went to see an osteopath who managed to crack the left side of the body but not the right side. When wanted to see the osteo for a second session, he was off and physio manipulated her pelvis and made pain worse.
- After Xmas day, she could not sleep anymore (for 6 days), pain in lower back/ right side very intense (10/10), pain on the side of the right leg (7/10), pain in the middle of the calf BL57 (10/10) and 2nd, 3rd and 4th toes totally numb + numbness in the leg.
- Could not walk so went to see GP beginning of Jan to get some pain killers and anti inflammatory.

The Story & Emotions

- She has no time for her and always in a rush. She speaks a lot and very quickly, she doesn't switch off.
- She's exhausted, taking care of her new born and 2 year old.
- Winter and stuck at home. No social support
- Her dad will have a surgery soon so her mum cannot help her much, husband been busy with work in the last month. No family support
- She doesn't like her mother in law at all, her sciatica got really worse after Xmas while her mother in law was there, she drives her nuts and angry. She didn't talk about it with her husband.
- She is worried about having a surgery because it would mean she couldn't take care of her daughters and said it would be like dying (very fusional with them).

The Energetic System

- Kidneys and Hod impacted by the lack of support from family and the fact that she doesn't stop. Related to lower back pain and exhaustion
- Worry about her daughters and her surgery blocked netzach and double pass. Impact on lower back pain as well
- Closed her heart to mother in law (Heart, back of heart, PC meridian)
- Base chakra will be impacted by her fusional relation to her daughters and difficult birth
- Angry with mother in law causing pain in the GB channel that sort of follows the sciatica nerve

Treatments:**First session**

05/01/2013 1h30 mins

- Open Belt channel GB41/TH5 on right side, for 30 mins, was feeling better. She Could feel movement in the calf BL57.
- Open Governing SI3/BL62 on right side for 10 mins and she could feel K1 of right foot beating
- Balanced BL62 to K1 until the beating was cleared (10 mins). Governing was not cleared.
- Balanced GB34 to BL62 for 20 mins, GB 34 very blocked and painful. Not cleared.
- Resonance on Hod for 10 minutes. Was very blocked, slight movement at the end but to be continued.
- Asked her to write down when pain is the strongest during the week and taught her the inner smile.

Second session

16/01/2013 1h30 mins

Feedback:

- Pain gone in the calf until she saw her GP .
- Had a scan on 15.01, discovered a disc herniation and GP explained it was causing tension in the sciatic nerve. Pain in the toes has spread to big toe and small toe. Will be under a new cortisone treatment for 10 days (to get the hernia inflammation down).
- Cannot breastfeed her baby anymore so was sad about it (it's like having to grieve).
- Also scared as GP mentioned a surgery with at least 1 month post surgery recovery if she doesn't get any better , she didn't manage to sleep and pain in the calf came back (not as strong) with pain near Shen Tao (never had pain there before). GP said pain spreading in the toes is not good and should be monitored, if doesn't go away, surgery.
- Only meditated once. So I explained meditation would help with her being less stressed and more positive, v important for recovery.

Treatment:

- Worked on toes : LIV2 ST44 / ST44 GB43 / GB43 BL66 then same points to extremities. She could feel some relief but not very strong. Said twice she could feel pain on the sole of the foot very close to the toes during treatment.
- For 30 mins, resonated on 2nd/3rd and 4th point under the toes (muscle meridians points), very intense release and she could feel it straight away. Got her to talk about birth of her second daughter while treating her, release was even stronger. Birth was a painful one. Will have to check the base. Was very damaged by birth. She is very close to her daughters, for her

breastfeeding is v important and want to be v good mum so doesn't really take care of herself. Also her dad will have an operation soon so mum cannot help her any more.

- Did resonance on Hod to back pain for 30 mins, v painful, still not that much movement in Hod.

Third session

19/01/2013 1h30 mins

Feedback:

- Toes are less numb: big toe pain only on part close to second toe and on sole, 2nd/3rd toes numbness has disappeared, 4th toe pain on sole
- Lower back pain: no change, she is under cortisone
- Calf: a bit heavy but not painful anymore.
- Meditated and enjoyed it.

Treatment

- Resonance on big toe where numbness is and sole
- Resonance with 3 fingers on top of big toe
- Resonance on 4th toe (GB43 GB44) + other side of toe + sole

At the end of the session, 1st toe still felt a bit numb, others were ok.

Fourth session

25/01/2013 1h

Feedback:

- Saw a rheumatologist specialist on Tuesday. Said she has arthritis, disc herniation and paralysis of the toes. Booked an appointment with surgeon as recommended a surgery asap even if numbness in the toes reduced. He said it would come back eventually.
- Stopped Cortisone treatment since Tuesday.
- Had a busy week with exams (she's a teacher) so was stressed and didn't have time to rest.
- Was sick on Wednesday (kids didn't want to sleep) she had a migraine straight away and vomited 3 times. Asked for husband to come back from work.
- Pain: 1st toe still numb and numbness comes back from time to time in sole and other toes.
- Could feel a bit of pain in lower back but nothing compared to pain after Xmas.

Treatment:

- Treated Hod/belly button, Hod to Netzach and got it to move. She could feel lots of things going on.
- Treated Hod/Yesod and Hod to Base, got a bit of movement. To be continued.

Fifth session

02/02/2013 1h30

Feedback:

- She went to see another GP who told her he doesn't think she needs a surgery as the pain and numbness on the sole has diminished even if it still there.
- She will also start acupuncture sessions as Im off for 2 weeks.

Treatment:

- Balanced Hod to Base and asked again about what happened after Xmas. She explained she was very upset with her mother in law the day before because her mother in law wanted to be in control of the Xmas meal and she didn't feel like she was in her own home anymore.
- Issues with the mother in law each time she visits them. Doesn't feel supported by her husband in that case as he makes decisions with his parents without telling her.
- Also its hard for her to be natural with the mother in law as when she says yes, it means no so she doesn't know how to relate to her at all.
- Finally she understood that it was the mother in law problem and not her problem. Made her laugh about the situation. She got it.
- Did release work on the mother in law " I release beIng upset with you, I accept you as you are"
- Hod and base were better.
- Resonance on Netzach, very tensed. More work needs to be done there. She's very stressed about having to make the decision surgery or not.
- Balance the heel points as they help with numbness. Not cleared but they felt better.

She's had less numbness in the foot (inside the sole) but still in the big toe.

Lower back feels good. No pain.

Sixth Session

05/03/13 1h30

Feedback:

- Didnt see her for a month. Had acupuncture work on ST and GB meridians. She could not give more details
- Numbness progressed to the side of the calf and inside the calf 2-3/10
- Numbness in the sole of the foot back below 2-3-4-5 toes 4/10
- She went back to see her second GP who said as the numbness is coming back, booked an appointment in May to see another surgeon.
She's back to being stressed about the whole situation.

Treatment:

- Balanced BL67 and K1, then BL67 to the sole area (looked for the areas the more congested and cleared) Was very congested again. She could feel a lot.
- She kept on talking and couldn't relax. Did resonance on Netzach. Talked about daily stress management and how to learn to deal with daily stuff in a more relaxed way. Conclusion was that she doesn't take time for her since she had her second child and now overreacts to a lot of things.
- Her mum is the same, she never stops.
- Understood that to be balanced she needs to take care of her as Gaelle, and take care of her as a wife and spend quality time with her husband. If she's more relaxed she will even be a better mom.
- She understood that there is a mind change to do to feel also better physically and recover faster. She was happy to understand this and said it really helped.
- She's going on holiday next week, told her to think about the little things she could do (write a list) to feel more balanced, while on holiday as it's easier.
- Reminded her about the inner smile, told her it's important she does it. If she's by the sea, can take 20 mins to do it on the beach.
- Recommended her to read a book too.

Numbness in sole is gone, but can feel a bit in the big toe still.

Felt happier and more relaxed.

Seventh Session

14/03/13 for 1h00

- Numbness in the foot pad has moved to a specific place (lower on the left side of K1) and she noticed that it is when she sits that she feels the numbness more.
- She doesn't feel the numbness on the side of the leg or the pain in the lower back anymore.
- Still went to see the acupuncturist who worked on spleen and GB meridians.
- Second GP organised appointment in May to another surgeon to get a second point of view.

Treatment:

- GB43 and area of congestion on the foot pad. Strong release, felt better.

At the end of the session, no numbness anymore.

Result/ How it was resolved

She called me to say that she had no pain for numbness for a week so she would call me back in case it returned. It didn't.

She had an appointment in May with surgeon and didn't need surgery anymore.

She said she was taking care of her and had a nanny twice a week so she could do things for herself.