

The Person & Complaint

A 74 year old woman presented with hands that were contracting. Specifically, her pinkie, ring and middle finger were bending in (i.e. Palmar fibromatosis) – her pinkie being the most affected. This was happening on both hands:



The Story & Emotions

This took time to discover (i.e. not acknowledged/remembered at first) – but 5 years ago when contractions started was when she was faced with major (and very stressful) decisions in life. She also had some significant heart trauma with the loss of a family member and loss of a partner. All 5 sessions took place over a 2 week period due to travel and availability.

The Energetic System

The Heart and SI channels from her fingers were clearly blocked; as were the other effected channels on the hand.

Treatment 1

- We talked mostly (intake) and then worked on SI and Ht channels (from the hand – SI1 / Ht9); the contractions of the fingers were measured/documentated as a formal 'baseline' for future reference. It was also noted that in addition to the contraction of the fingers – the client was experiencing a lot of associated pain in the area throughout the day (and night).

Treatment 2

- Continued to talk about what was happening at the time this started while working on the hand channels. It was not until the end of this session #2 that the client realized that the major decisions and other associated trauma noted above took place at the time this symptoms started. Before that (for the full first and most of the second session), it was communicated that 'nothing' happened.

Treatment 3

- Continued working on the hand channels (SI1 and Ht9) while now talking more specifically about the stories that were taking place at the time of symptom onset (informal release work). Explained the Mind/Body/Emotion connection as



the Client wanted to understand. SI contracting due to 'decisions' (discernment) and the heart channel contracting due to the loss (grief). She found this extremely interesting and it was at the end of this session that some progress was noted based upon a new measurement of the contractions. It was loosening / opening up slightly on the hand that was being worked on. We had decided to work mostly on her right hand as she was right handed and wanted that to be sorted out before the left hand. The right hand was also the hand having more severe contractions and associated pain.

Treatment 4

- Continued to talk about Mind/Body/Emotion connection while working on the hand channels. Proceeded to also follow the path/channel down the arm slightly to help to increase flow (via Farrow AAAP Day technique). This seemed to have quite a positive effect. The client communicated that the pain had decreased significantly since the first session. The contraction was continuing to open up as well. Moved from focusing on the pinkie to include work on the other fingers as well.

Treatment 5

- This was the last session due to travel and treatment was again focussed on the hand channels (all contracting fingers, utilizing '3 points' technique). The client was extremely happy with the progress, especially noting that the pain was now completely gone. The hand was opening more – but more sessions were clearly needed. We documented the expansion which was approx. 5-10 degrees improved.

Treatment – Resolution & Follow-up

- Follow-up months later confirmed that no further contractions were taking place on the right hand and that the pain had also not come back. She desperately wanted to see a practitioner to continue the work but none were available in her area. I will continue to work on this individual; I typically have the opportunity to see her every 2 years for a few weeks.