

Case 3: Acute Heel Pain

The Person and Complaint

A female age 45 years old presented with acute heel pain on her right foot for no reason. When she was standing whole day at work, her heel was fine but after she sat down for a while, her heel was so painful that she could not touch the floor with it. She needed to limp over a few metres before she could walk with her right heel lightly. She did not suffer any accident at all. At the time of seeing the practitioner, she was very stressed about whether she could continue to work standing up. She did not visited her doctor yet because she did not like to be treated with drugs and steroid injections.

The Story & Emotion

Her work was stressful and she was impatient at work. She would worked for more than ten hours a day when she was on duty without having breakfast or lunch. She had been doing that for more than three years. She had been warned by her colleagues constantly about her health but refused to take advice from them due to her focus and motivation on running her own business. She got upset easily on small matters and puts herself into so much mental and physical stress. She worried about her business.

The Energetic System.

Being physically drained and mentally stressed, her kidney meridian was the main issued identified. Due to her working lifestyle, the circulation on her right heel could also be impaired causing her heel pain. Not nourishing herself at work may also affect blood circulation in the heel areas especially due to long hours of standing causing a sluggish energy flow in her spleen meridian.

Treatment

First session.

Palpate her heel pain and found that the pain was actually not on her heel but around the KD2 points which was extremely tender to touch. Then KD1 point was palpated and found to be very blocked. Feeling the point with resonance caused dull aching pain over the whole palm of the practitioner.

Resonance was done on KD1 to release the blockage and it took half an hour for the dull aching pain of the practitioner palm to be ease down. Continue to release blockage in KD1 for up to an hour. Following the treatment, she could walked normally without any pain. But the pain returned the next day.

Second session

KD1 point was again treated with resonance for half an hour . Resonance was also done from KD1 off to kidney organ on, to both sides of her kidney. In addition, resonance was done from heel point off to her base off . Following the treatment, she could walk with much less pain. She was advised to soak her right foot every night and massage her right foot with rubefacient tincture , Zens Tincture ,twice daily before her next session.

Third Session

Resonance on KD1 for 20 minutes bilaterally, then resonance on Sp4 and SP6 simultaneously was carried out for 20 minutes. During treatment her right foot shake involuntarily. She felt better after the session and was prepared to come back for fourth session.

Fourth session

During this session, she was opened up to understand how an imbalance of energy fields can cause physical problems and how her emotion may also play a role in causing her heel pain in her case . The kidney and the heart are Shao Yin organs .The kidneys belongs to water element and the heart belongs to fire element. Hence it represents water and fire interaction within the body. Any imbalance of energy to her kidney will affect the heart energy and Vice versa. She was advised to be aware not to be easily upset and develop more patience. She was taught to do mindfulness meditation or vipassana. Resonance was carried out on Sp6 off to kd2 off simultaneously to improve her circulation as Sp6 is the meeting point of the three ying meridian , kidney, spleen and liver. Resonance was done for more than half an hour on these two points. Her pain improves considerably from a pain scale on 8/9 before treatment to 2/3 after four sessions. She was advised to continued soaking her foot now in Epsom salts , then use a golf ball and roll it on and round the pain areas every night gently and then to apply heat plaster Salonpas on the affected areas. She was also advised to roll her right foot with an unopened canned food to improve circulation . Her heel pain improved considerably by up to 80% and she continues to receive treatment .