

Case 6: Knee pain with stiffness when bending down

The person and complaint

A 80 year old male presented with right knee pain for more than 2 years. He was prescribed anti-inflammatory , Celebrex 200mg , 1 daily , Panadol Osteo , 2 tablet 3x daily. The medications did not help him . Scan and test reviewed lack of synovial fluid between his knee joint and the cartilage has worn out completely. His condition was deteriorating to the point he could only walked for 50m and had to rest his knee. His doctor diagnosis was osteoporosis. Management of pain and inflammation was the only solution. He had corticosteroid injection several times over the last two years . It helped relief pain initially but had not helped him lately. He presented with a calm personality . He looked stiff and had inflexible posture. He just wanted to be able to walk for longer distance with less swelling and pain.

The Story and the Emotions

Investigation into his lifestyle reviewed he was hot tempered and tend to recall a lot of memories of his life in the younger years as a refugee . He mentioned a lot about the events leading to his eldest son unsuccessful escape from his countries and being jailed by the communist government. Pride was a big thing for him and his family.

The Energetic System

The fact that he constantly recalled his past memories suggested an issue with his spleen meridians being blocked. In addition, escaping as a refugee and the stories of his son points to a blockage in his base charka and potentially the stomach meridian too . Being hot tempered also suggested the bladder channel may be blocked and also a heart issue.

First Session

Resonance was done off his base and on his right knee joint for 30 minutes. Then Sp 9 was palpated to be tender and resonance was done on sp9 for 20 minutes. He was asked to get up and tried walking to feel the knee. His immediate reaction was that his knee felt lighter and less stiff and restriction. Resonance was again done on Sp6 and Sp1 simultaneously to try to clear blockage in the spleen meridian. Following the session, he reported 40% improvement in terms of pain and stiffness.

Second Session

Resonance was done off his base charka for 20-25 minutes while getting him to talk about his escape from his country . Then resonance to st35 was done for 20 minutes to open up the congestion of energy in the knee cap caused by blockage of stomach meridian. After this, resonance was done on and off his right knee cap for 10-15 minutes each to release more congestion .Following that, he reported feeling movement of energy in his treated knee . He was told not to stress and overexert his knee even though it felt better . An elastic knee support was recommended as well as heat rub to warm up the areas before he goes for a walk. He was happy with the progress when he next visited his GP because his GP commented that for his knee condition as shown by the scan, he

should really not be able to walk. Instead he is now able to walk longer distance with less swelling and pain.

Third Session

Resonance was done on BL40 for 30 minute and then B140 and B167 simultaneously for 15 to 20 minutes to clear the blockage. While treating these points, he was engaged to share with me how he felt about his son in jail and also his pride .He was encouraged to accept the past and to feel gratified that everything worked out well .

Result

Treatment subsided after three sessions and he was happy with 70% improvement. He now maintains it with heat rub every night and elastic support with splints when he goes out. Glucosamine 1500mg daily and Pro-anthocynidins twice daily was recommended (antioxidants) to help his condition.