



Case Study 15: Sciatica and Lower Back Pain

29 year old male came to me with lower back pain and what appeared to be sciatica on his left side. He said that it started about 6 months ago. His lower back was very stiff and had limited movement. He was finding it hard to get in and out of the car. He had been taking panadeine forte every day for two months. He wasn't sleeping without pain killers and had been to a physio and a chiro which gave him temporary relief. He had been sent to me through another client and had not heard of Acuenergetics before. He was between jobs and was very worried about his back as it was stopping him from travelling overseas. In his previous job my client was a chief of staff for a high profile public figure which was very demanding and outcome focussed.

He loved his job but admitted to being a little burnt out and needed a break. He was so worried that he had booked an appointment with his GP to get an appointment with a back specialist. I asked my client about how this pain came about and he said that he had no idea and that it just appeared.

I asked my client about his relationship with his family and his childhood and he said it was "fine".

He appeared to be trying to rush, he was very much in his head but his body was telling him to slow down.

The Energetic System:

My client's body felt very contracted and hot. He appeared to be totally overcome with frustration.

My client was feeling out of control which was an uncomfortable place for him as he was used to controlling things in his life. This was affecting the gall bladder. On palpation the gallbladder was extremely tight and painful for my client. He was also holding on to anger affecting and liver. The pain killers were also probably congesting the liver. It felt very prickly. It appeared that he was extremely frustrated with his current situation which was also affecting gevruah. His base was congested. He wasn't grounded and hesed was very congested as well. His heart was prickly and so was netzach. Yesod was extremely hot and congested and the PC was so hot it was burning my finger. His kidneys were very sluggish and he said he was low on energy.

Session 1 (2 hours)

I opened PC 6 and TH5 whilst my client was talking to me and this was for quite a while. I then opened the belt channel.

I worked on the Gall Bladder to GB 34 and he felt some pain in the back of his heart. (The gall bladder divergent channel) ...BL 66 and GB43 .BL 63 and BL 67 Bladder 63 and 67 did not clear completely. At the end he felt much better and said there was only a little bit of pain.2/10

Session 2

My client returned indicating that I had made some difference but the pain was still there and it was a 4/10. He was continuing to take his pain killers.

The bladder channel was still quite congested and the gall bladder was still quite tight and painful. I started with gall bladder organ again to and GB34 and GB 41. I opened BL 67, BL 57 and BL 58. This made a huge difference.

Session 3

My client said the pain had diminished to a 2/10. In this session I opened Shen Tao then Gevurah. This took quite a while and my client was very relaxed. GB30 and GB44 then LIV3 and LIV 2, and M-BW-5 which took a long time to clear but was very effective. This was an interesting point as it was where he was very tender.

Session 4

My client returned and said that the pain was hardly there at all just at night when he was trying to sleep and again only mild. I checked his leg length and there was a slight discrepancy so I worked on the St4 s. They were very tight. I also opened the stomach muscle meridian. He said he felt much better. In this session we had a long discussion about held emotions in the body and how they can impact the body. I introduced meditation and my client was honest and said that it would probably be a huge challenge for him to sit.

Session 5

My client arrived seeming quite bright and positive and said the back pain was only very mild. We talked about him trying to control outcomes in his life and he said it was a definite pattern. I opened Binah to Shen Tao. He then revealed that he had been doing a lot of thinking about what we had discussed and held emotions in the body. He told me that he was very successful in his last job role however, he had experienced a sexual encounter with his boss. His boss was married with 2 kids. This had sent him into a spin and he was terrified that his family would find out, the media and etc. etc. He also felt dishonored by his boss and it had been very awkward at work. This was one of the reasons he wanted a break and was planning on going overseas.

He also told me that growing up his sister was sexually abused by a close relative and that it had a huge impact on his childhood. He was resentful towards his sister that it had happened as she controlled where they went and had the most influence over the parents as they had felt bad about what had happened. She had most of their attention. As he was telling these stories I was doing resonance to the front and back of the heart and I felt it relaxing but I ran out of time for anything else.

I told him that maybe some release work would be beneficial and explained what it was about.

Session 6 (2 hours)

In this session we did lots of release work. We worked on the heart and Yesod- forgiveness and guilt – himself, his parents (Losing parents love through his sister), and his boss. The Base –and Yesod to the Base the fear that others would find out. Base to Hod...dishonouring himself and feeling dishonoured by others (especially the boss).

Session 7

I did resonance to the spleen while my client was talking through his stories again. I worked on Netzach to release worry. Netzach to Base- not having a job and stability. Netzach to Hod as the worry had congested the kidney gate which was affecting his energy levels. Hod not feeling recognised/abandoned by his parents. Gevurah to the Heart releasing the frustration with his parents and his sister. Shame and anger with Hesed.

Session 8

I did a Pelvic alignment for my client and some work on the front and back of the heart.

My client then decided to go overseas to learn a language for 3 months and has emailed me saying that he feels completely different and much happier and now has a different view on his past and is looking forward to coming back to Australia for a fresh start.

As far as I know he is no longer in need of a back specialist.

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