



Practitioner Case Studies

Case Study 15 for Michelle Crowe January 2013

The Person & Complaint

A 42 year old male presented with Plantar fasciitis of the left heel on the medial side of the foot causing stiffness and pain. Plantar fasciitis, the most common cause of heel pain, is the inflammation and tearing of the fascia, a ligament on the bottom of the foot. It is classically known as causing pain at the inside of the heel at the first step in the morning. Can be called joggers heel. Pain extended along the arch to K1's and to the toes it was 6/10 when walking and 9/10 when running, stiffness was causing restricted rotation of the ankle. The pain started three months ago, it came on suddenly and started to hurt when running and then got worse. The doctors have told him there is nothing they can do but refer him to a physiotherapist, this has made little difference. He runs marathons for a hobby and wants to compete in the Sydney Marathon in 5 weeks time. He has been training for the past year and has completed number of half marathons. He also gets intermittent mild pain under the patella of his left knee too and some mild indigestion and tiredness.

The Story & Emotions

He left his wife 18 months ago and "she has made his life hell since" she is a lawyer and has manipulated the courts and he no longer has access to see his sons who are 12 and 14. He feels devastated, deep sadness, anger and resentment towards his ex. He is reserved and doesn't discuss his private life with anyone but his partner. He worries about missing his sons growing up and feels guilty because he has created this by leaving. Three months ago he was on a fun run and he bumped into his eldest son. He had not seen him for 6 months. It was very emotional for both of them and he was very sad when he had to say goodbye to him, not knowing when he would see him again. The pain started in his heel over the next few days and progressively got worse.

The Energetic System

Sephira to injury from emotional trauma of meeting his son and feeling guilty about leaving, possibly involving, Yesod, need to check for elines. Hod governs the left leg and would be affected from feeling dishonoured by his ex. The Spleen and Kidney channels run through the area of pain in the heel, he does get some pain in the big toe, he has badly bruised the big toe and the second toe nail (stomach channel) from the pressure of his shoes and the constant training. The Spleen channel also runs to the 2nd toe in ocean and streams. It is common for the liver to be affected in TCM treatment of this and the liver would be affected by the anger he is feeling towards his ex. Worry about not seeing his sons would be affecting the Stomach organ therefore indigestion, the Stomach channel and Netzach in-turn blocking the double pass with hod, (tired). The central heel point clears pain under the patella. He also has some pain at K6 the Yin heel vessel, opening this brings energy to contracted sinews and tightness of the muscle on the medial leg. Fear of not seeing his sons again may have affected Malkuth and the Kidneys too. Kidney and Spleen muscle meridians run through the pain affected area too. M-LE-5 is located in the centre of the heel and is used in TCM to treat Plantar fasciitis.

Shen Tao from the grief. Check bladder channel to, bladder sinew channel binds at heel, plus kidney pair.

Treatment – first session

We talked, I explained about sephira to injury and he said that made sense because that is when the pain started. So I got him to talk about the story while I held his heel and felt Yesod. Yesod was really contracted, and reacted to the story. His heel became very hot and there was a lot of movement. Yesod unravelled as he talked, it reacted wildly when he discussed the guilt he felt and the anger towards his ex wife. I then felt a connection to the ankle. Client felt something running down the inside of his leg, got him to stand up and test heel. Pain had eased to 4/10. Shen Tao to PC9 pain in heart felt some sadness. I asked him to refrain from running for the week. End of session.

Treatment – second session

The pain has reduced to 3/10 when walking. He has not run on it and has rested his foot this week. He is feeling a bit lighter after last session. I had an intern, she opened Hod to back of knee BL40, Hod felt dense and heavy I talked to him about his ex wife and this started to move. “Released feeling dishonoured and betrayed by her.” I then opened the K1’s with hand on heel, then opened K3, indicated for heel pain and it radiates strongly to the heel region, it felt weak at first then slowly opened to 80%, I then opened K6 Yin heel to LU7 strange-flow, it took a while to flow. Intern opened K1’s to base, Malkuth very shaky. I opened Sp1 no movement, then resonance to Spleen organ, very tight started to unravel. Back to Sp1 more movement opened to Sp4, indicated for pain of the heel and action on the St channel too. Sp point on side of heel (ocean and streams) and M-LE-5 point in centre of heel. Intern - Netzach then Netzach to Hod, pain at first then cleared. Got client to get up walk on his heel. Pain 1/10. Taught the inner smile. Asked client to take it easy with his training. End of session.

Treatment – third session

He feels better, more energy. Pain increased to 2/10. He went for a run and pain was 3/10. Much better than it was. Heel seems to be improving, less stiffness and more movement. K3 took a while but cleared. K1 to K6 channel cleared. Then Sp6, meeting point of Spleen liver and kidney channels to Sp4. Then Sp4 to Sp1. Channel cleared. Then St45 very bruised toe, lots of pain in channel started to clear as he talked about his sons and the worry of not seeing them. BL62 to BL67. BL56 and BL57 to relax muscles in calf. Opened LR3 point for sinews. Client got up, no pain in heel. Pressure is on for him to train. Told him to take it easy, he said he would try. End of session.

Treatment – forth session

Pain now only 1/10. 2/10 when running. Still some pain in knee and under patella, and he had an upset stomach, some pain on outside of foot in BL channel. He is feeling more emotionally stable. Has more energy. Resonance to stomach organ to ST36. Hand on knee to netzach. Opened knee gates, SP9 LR7 and ST36, central heel point cleared pain under patella. Heart point on heel, ocean of streams. Heart to knee. BL67 to BL62. End of session.

How it was resolved..

He ran the whole marathon in a good time. Pain only got to 2/10 at its worse. He was very happy as he had been able to take part and complete it. He stopped running marathons after this and the pain did not continue.