



Practitioner Case Studies

Case Study 9 for Michelle Crowe January 2013

The Person & Complaint

43 year old female had pain 8/10 deep in right buttock, sciatica, also running down the outside of the leg. Mild lower back pain at the sacrum and mild neck pain at GB20. She has restricted movement when twisting the body and bending forward, balance was off too. Not sleeping well at all. Pain in right calf muscle and big toe is numb. Pain come on slowly and got worse, started 4 weeks ago, no apparent reason for the pain. She has been to a chiro was has told that her hips out of alignment. She has had manipulation, but pain has come back. She is also suffering from anxiety.

The Story & Emotions

She has been living with her partner for over 9 years, she is very unhappy in her relationship and has decided that she wants to leave him, she has not told him yet. She feels like she is his mother, has to look after him, she gets no support from him at all. She is angry that he no longer makes an effort in relationship, feels guilty about leaving him, worried and stressed about how he will react. Her mother has anxiety and is a real worrier, she is similar, she controls her emotions.

The Energetic System

She appears to have blocked the gallbladder from the anger and control which has then affected the throat (udana). Guilt has blocked Yesod pulling the pelvis in affecting the hips and throat by reflection. The belt channel circles the iliac crest, the yang heel and yang linking strange-flows also affect the hips. She appears to have blocked Netzach from all the worry, which through the double pass has congested Hod. She has looks blocked in the divergent stomach channel through the sacro iliac joint (pain at sacrum and different leg lengths) as well as the gallbladder, pain tracks the GB channel and starts at GB30, the Gallbladder channel intersects the bladder channel at GB30 and would help with clearing the (calf pain). Spleen, pair of stomach affecting the big toe. Malkuth would be blocked from not feeling supported by her partner.

Treatment – first session

We talked, then resonance Gallbladder organ to GB34, talked about her relationship with partner and how angry she felt, Gallbladder organ very tight, nothing at GB34 then started to move. Pain in GB34. Organ then started to make lots of high pitch noises and started to relax. Pain reduced to 6/10 in buttock. Then hand on hip to Yesod, she talked about leaving her partner, felt guilty leaving him Yesod went off, pain in hip increased then eased, she felt pain in Yesod as she talked, when she discussed anger towards her partner it released. Hip to Chesed expressed fear of telling her partner she wanted to leave, Chesed contracted she felt embarrassed she stayed with him for so long, family told her long ago to leave. Chesed softened. Hip to GB41 hip gate and strange-flow. Opened GB44 by itself then, GB to hip. GB30 to GB34, pain in buttock worse for a while then eased. Client felt energy moving down

the leg. Stomach organ to St36, St36 very blocked, released worry about telling partner. Pain now 5/10. End of session.

Treatment – second session

She told her partner she was leaving, a great relief. He was ok about it. She is feeling sad. Pain was better for 4 days then 6/10. Sleeping better. Opened Shen Tao to PC9, felt ache at Shen Tao no movement, she felt anger then sadness and grief about her partner. Shen Tao started to move pain in my hand, pain in channel too. Both started to shift and she felt much lighter emotionally. Then St4's to correct leg length and to help with sacrum pain, pain in sacrum eased when they opened. Hand on pain in hip to BL62 then GB 30 to GB34, GB30 to GB44, Hip to BL63, then BL67 to GB30, pain in buttock now 3/10. Pain cleared running down her leg. Taught the inner smile.

Treatment – third session

Sciatic pain cleared for 4 days returned last 3 days 3/10, some pain in calf still. Pain in lower back better, sleeping better, worrying less. When swimming she feels pain in the neck. Partner moving out in a week. GB divergent channel on hand to Gevurah. Gevurah to Binah, then GB20 very congested and GB21 to bring down Qi. Pain in neck cleared. Opened hip to Netzach release worry and fear being alone and then Hod to Netzach. Then opened BL67, then BL67 to BL40 on right leg, client felt pain in calf very strongly as it cleared. GB30 to GB 34 then GB34 to GB44, pain cleared in hip and calf.

Treatment – forth session and how it was resolved.

No more pain in hip, back or neck, anxiety much better, big toe still a bit numb. Feeling much happier, doing inner smile every day. Opened Malkuth it felt heavy, talked about her fear of managing to live on her own, not being supported. Malkuth to K1's both legs and BL67's. Yesod to Malkuth talked about feeling afraid of being on her own. SP6, where SP, Liver and Kidney channels meet. Then SP1 to Sp9. Spleen organ to the heart. Spleen noisy and tight then softened. Opened LR1 and then to LR7. Numbness cleared in big toe.

I bumped into the client 6 months later and she was feeling good, the pain had not returned, numbness had cleared completely.