



Practitioner Case Studies

Case Study 2 for Michelle Crowe December 2012

The Person & Complaint

A 35 year old male came to me for treatment of a sore right knee under the patella he was limping and unable to run his favourite pastime. It has been painful 8/10 on and off for 3 years. He has had physio treatments for a year, some improvement then pain comes back. Other health issues include tiredness, numbness in both arms, hip pain, he wears orthotics, Kidney stone, hernia in the groin, dry eye problems and headaches in forehead. Works in the rag trade, a very stressful job.

The Story & Emotions

Three years ago he was shot through both legs in South Africa during a raid on his factory, his father killed one of the intruders, very traumatic.

His wife was also hijacked in her car, but escaped he has two daughters 8 and 12 they all lived in constant fear. Immigrated to Australia 20 months ago.

The Energetic System

Living in constant fear of survival, malkuth, also blocking hod kidney gate and creating adrenal fatigue and the kidney stones. Has blocked shen tao, the pericardium from grief, anger and sadness, PC meridian tracks numbness in arms to middle finger. Blocked netzach from stress/worry about his family, also blocked the stomach channel (runs under patella and into eyes and forehead), as well as the gallbladder (hip pain). Lots of painful stories, spleen and the liver meridian runs through hernia in the groin plus Yesod. The gun shoot wounds enter through the thigh in the right leg GB channel at the top and out thorough the liver meridian, in left leg at liver and out GB at other side. Numb around wound sites and down the leg to the knees.

Treatment – first session

We talked, we discussed how trauma and holding and controlling your emotions contracts your body, how the energy needs to flow to maintain function. Talked about sephira to injury how this can lock up an area of the body so the qi is not flowing to it creating pain.

Right outer scar at GB to malkuth felt dead, talked about the shooting and released the fear he felt, malkuth started to move client felt something trickling down inside of his leg to his knee where the numbness ran. Did the same for the inside of his leg and client felt something flowing down his leg. Then held knee to yesod, no connection then started to unravel, knee jumping in my hand client patella moving around talked about living in South Africa. Pain reduced in knee to 5/10. End of session.

Treatment – second session

Client had a good week he was a little emotional for a couple of days, pain in knee now 4/10. Still felt weak. He gained some feeling back down the sides of his right thigh.

Opened Netzach to knee, sephira link. Talked about worry. Client felt pain increase in knee than settle to 3/10. Opened Central heel point to patella. Then opened St 36 knee gate then Lv 7 and Sp 9. All congested. GB organ to GB34, the organ bubbled and became very noisy when client released anger. Pain at GB 34 then channel cleared. Knee now 1/10. Taught the



inner smile and talked about taking it easy and allowing knee to heal before doing exercise. End of session.

Treatment – third session

Knee much stronger, no longer limping, hip feels better, but still feeling very tired, numbness in arms. Checked leg lengths out by a few mm so opened ST4s. took a while to open, legs adjusted. Shen Toa to PC 9 right side, lack of trust, lots of pain client released anger, sadness and grief of having to leave his homeland, my hand was really aching, helped to bring feeling back into the arms. Then Opened Hod not moving at all talking about fear, not feeling supported responsible for his family. Then Hod to netzach double pass not flowing at all, took a while to open. Client felt energy going down in to both his legs. Knee to base. Knee feeling good. End of session.

Treatment – forth session

Client did a gentle run of 700 metres, very happy, but knee still feeling a bit fragile. Told him to take it easy not to over do it. Numbness on both legs has reduced. Numbness in arms much better. Stomach feeling a bit upset, he's been worrying about work. Talked about the inner smile meditation importance of stilling the mind. Stomach organ to St 36, left leg, help open channel to the eyes for dryness and headaches, organ tight making noise as it relaxes. St 36 painful. Opened St 45 to St 36 right leg. Elephant eyes. No pain in knee at the end of session.

Treatment – fifth session

Last session, client going on holiday. Feeling lighter emotionally understands importance of reducing stress in his life not living on kidney energy. Knee much better did a 1 km run no pain in knee. Left leg feeling heavy though. Eyes better, no headaches. Worked on scar entry and exit points on left leg to Malkuth and Yesod talked about fear. Knee to hod congested. Balanced Spleen organ (house of stories and long term anger and resentment) to exit point on left leg. Talked about anger at the shooting. Opened K1's. Whole body feeling more relaxed.

How was it resolved

Client send me a message to tell me he was now able to run with no pain. His other symptoms had cleared up too.