

Case: Concussion, 15 year old, Female

The Person & Complaint

Concussion from heading soccer ball. She can't go outside because the sun is too bright and makes her nauseous. She is getting headaches when her eyes are open and when she is in the sun. Headache is a constant 4 on the pain scale and it alternates with severity based on light. She feels less nauseous when her eyes are closed. She would like her head to stop hurting and to be able to play soccer.

The Story & Emotions

Child is a competitive soccer player, who wants to continue to play with her team. She is extremely lethargic when I meet her in a dark basement, because she can't be upstairs in the sunlight. She appears exhausted and can barely respond to questions when asked.

The Energetic System

There's a lack of flow in her brain where the concussion occurred over her left eye and the left side of her head. The outside of her brain is controlled by the kidney system. There's a contusion on her brain which decreases flow in the Kidney channel. I didn't get a full history, I just explained how I was going to treat her and moved forward with getting her out of pain, by providing flow to the area and relieving the swelling in her head, at the concussed site. She seems open to trying Acu and is appreciative for any pain relief.

Treatment – first session

I started the session doing resonance on the head to the area she was hit with the soccer ball. When the pressure seemed to release, and I felt flow, I moved off the injury site. For the last 30 minutes of the session I did K1's, the wood point and upward movement and energy in the kidney meridian.

During the session she fell asleep. When I switched to her feet she said her headache felt a lot better. Her K1's were extremely painful and had erratic movement.

At the end of the session, her head felt better. I suggested another treatment within the next couple of days.

Treatment – second session

Client had no headache 24 hours after the last session. Then, it came back, but less intense. She still had some light sensitivity, but not as bad. Head was no longer constantly throbbing.

I continued with the same treatment, spending more time doing resonance off the site of the injury because there was quite a bit of flow when doing it on. I followed with K1's. She felt a lot better and in her body following the session.

Third session

She was able to come to the clinic for this session because her light sensitivity was better. I continued with similar treatment as previous sessions, making sure the flow was present at the

concussed site and K1's were flowing better. Flow in the head was open and painless at the end of the session and K1's were not fully open but definitely felt a lot better.

Other Subsequent Treatments

Although I never saw this child again, two years later I treated her friend for a concussion, the same way.

Result/ How it was resolved

I only saw her three times, and the issue seemed to completely resolve. She was cleared to play soccer the next week. This treatment was successful and simple. I relieved the pressure and provided flow by using resonance to the concussed area. I provided flow to the outer part of the brain through K'1s, to get upward movement and flow to the cerebral cortex, or the outer layer of the brain, that the kidney system supports.