



Case 8: [back, neck & hip pain] 67yr old female

The Person & Complaint

Suffering from chronic tightness in neck and shoulders (especially at Gb-21's), lower back pain (running along the belt channel) and stiffness in the hips. Has difficulty with twisting motion and limited flexibility. Experiences hot flushes, waking in the middle of the night.

The Story & Emotions

Symptoms flare up when stressed at work, feels that she needs to control everything.

The Energetic System

Finds it very difficult to relax and let go, which blocks the flow of energy in geburah and causes her gall bladder to become congested (tightening the neck, back and hips). This also disturbs the triple heater functioning, causing the hot flushes.

Treatment – first session

To help her relax and soften in her body I started the session by opening shen tao to geburah.

Once there was some flow I then went to Gb-21's to clear tension in the shoulders. These points were very hot and painful, causing a temporary headache which cleared.

I then worked on opening the gallbladder organ which was incredibly tight. This helped to relieve tension in the neck and shoulders.

Treatment – second session

Strong grief surfaced the day after session around death of mother 15 years ago. Had a big cry and felt that something heavy had shifted from her body.

Shoulders and neck still holding tension but 50% improved

Still having difficulty with twisting motion in lower back and tension in hip

Opened gallbladder organ to geburah
Gb-41 to netzach to open the belt channel
This helped the back pain immediately and almost had complete twisting motion back

Treatment – second session

To get more movement in the gallbladder I started by opening geburah to chesed then went to the organ.
It still wasn't moving very well so opened the gallbladder organ to Gb divergent at middle finger (she felt this clear pain from her neck).
At the end of the session she almost had complete side-to-side movement in the neck.

Treatment – third session

Neck and shoulders are much better but still waking in the middle of the night with a hot flush.
Opened gallbladder to Th-5 and then balanced Th-5 to the Gb divergent point (a lot of heat released).
I thought this heat was also coming from the liver so went to clear the Liv-3 points. These were very painful when palpated.

Treatment – fourth session

Heat cleared for a few days then returned
Decided to work on the liver this session so did a liver flush
Broke out in a hot rash over body after the session which took two days to clear.
Since liver cleanse the hot flushes haven't returned.

Result/ How it was resolved

By working on shen tao to geburah she was able to process grief that has been locked in her body and affecting flow of energy through C7. Consistent work on the gallbladder and liver helped to descend stagnant qi from the neck & shoulders and return strength & flexibility to the hips and lower back.