



Case 11: [ankle pain] 78yr old female

The Person & Complaint

Suffering from pain in left ankle (lateral side along bladder channel). Restricted movement, particularly squatting.

The Story & Emotions

Had skiing accident in early 20's and ankle never fully recovered.

The Energetic System

Blocking in malkuth after the skiing accident weakened the kidney and bladder, affecting the flow of energy through these channels to the ankle.

Treatment – first session

Started by opening the ankle to malkuth (this was very weak)
Then opened BL-60 to Ki-3 (very electric)
Opened BL-62 (yang heel) to Si-3 (governing vessel)

Treatment – second session

Felt 50% improvement in ankle from last week. No sharp pain but still feeling of weakness
Opened BL-67 on right foot to BL-62 on left (more electricity released)
Then went to Ki-1 and balanced it to BL-60 (felt tingling and pain on both legs).

Treatment – third session

Pain completely gone from left ankle and can even comfortably do squats now
Getting slight twinges of pain in left knee on both sides of knee cap

Balanced knee to yesod and the left ankle

Opened Sp-1, Gb-44 and St-45. Felt strong pain in right knee when I was on the stomach channel so I went to the other side and cleared St-45 from the right leg. This immediately cleared the pain in the left knee.

Result/ How it was resolved

By opening malkuth and getting the energy flowing well in the Kidney and bladder channels we were able to clear the pain from her left ankle and recover full movement.