

Case Study 2

The Person and Complaint

A 30-year-old man presented with what he called Tennis elbow in his right elbow.

He had stabbing pains that would flare up to about 8/10 pain. This started around 3 weeks ago, and would flare up around every three days at the start but 4 days ago, become a constant pain fluctuating from around 3/10 to 8/10. The pain seemed mainly to be centered around LI 12 and TH 10.

His left knee was also throbbing with up to 7/10 pain over the last week, on the medial side of the kneecap.

Currently both elbow and knee were around 3-4/10 pain.

The Story and Emotions.

The client had moved to Sydney about 6 months earlier from Melbourne.

He felt like he had a hard time fitting in, as he found the scene he was in to be quite cliquey. He had been seeing a girl for a couple of months, but she broke up with him about 3 weeks ago, just before his elbow and knee presented. She did this via text message, and dropped all his stuff that was at her house by his rubbish bins. She would not answer her phone or return his calls. He didn't understand why she left, and felt he had no closure. He also felt alone in Sydney. The pain in his elbow and his knee were affecting his work.

The Energetic System.

His heart was really congested and painful, he appeared to have blocked this to his elbow. It has also affected the LI and TH meridians. C7 was also very tight. His stomach and spleen meridians also seemed blocked, possible due to worrying and obsessing over this, which has affected his knee.

Treatment – First Session

I started by balancing the elbow to the heart. The heart was really blocked and held and the elbow was really painful. I got him to do the following releases over about 30 mins.

“I release feeling alone”

“I release you Alex”

“I release being angry at you Alex”

As he said these, the heart gradually release to the elbow and the pain started to clear. It balanced after about 45 mins. This stopped the constant pain in his elbow. He still had around 3-4/10 pain in his elbow around LI 12 and TH 10 upon twisting his wrist.

I opened c7 to LI 1 and got him to say, “I release holding on to you Alex”. The LI channel was thick and electric when he started to say this, but cleared after about 15 mins. The pain then shifted to the TH side of the elbow.

He said he felt “on cloud 9” compared to where he was when he walked in. We talked about the link between closing the heart and his symptoms, and that holding on to the story would only result in pain for him.

Second Session.

The next 4 days after the session, the throbbing pain would return in the morning, but only about 2/10.

He said that if he said, "I release you Alex" the pain would go and cleared completely after 5 days.

He still had pain on the TH side of the elbow. Opened the elbow to TH 1. This was really hot and quite painful. After about 30 mins there was not a lot of change, so I moved to elbow to PC9 for around 10 mins, which was sluggish but started moving well. I then went back to TH 1 to the elbow, which began to clear after about 15 mins.

His pain had reduced to around 1/10 upon rotating his wrist.

I taught the client the inner smile, and advised of the importance of keeping his heart open.

Third Session.

His elbow was mostly pain free, with occasionally 1-2/10 pain upon certain movements.

I started with C7 to TH 1, which cleared after about 20 mins.

He was now completely pain free in his elbow upon movement.

His knee had improved over the course of the treatments, although we had not worked on it directly.

I started with SP9, which was really contracted and as it opened it became very hot. Once that felt more open I went to the Stomach muscle meridian. This was very tight but started clearing after around 20 mins.

I finished with the knee to the sex which balanced after about 15 mins. This cleared his knee pain totally.

How it was resolved.

I contacted him 2 weeks later and he said the pain had not returned.

He had been keeping up with the inner smile and was feeling a lot more relaxed and happy.