



Case Study

Sudden pain in foot with difficulty in walking

20 year old female

The Person & Complaint

Include a brief description of the person, their relationships/family, their complaint, any relevant facts, health issues, history, etc.

- The 20 year old female presented on New Years Eve with pain in the left foot.
- The pain was at Bladder 63 (meeting of Bladder and Yang Linking).
- She was struggling to walk. She could not put her foot flat on the floor and she had 7/10 pain
- The Doctor's visit found nothing unusual and x-rays were clear.

The Story & Emotions

What's the story with the client? Is there one? If there's nothing obvious, is it more of an attitude or recurring feeling? What are the emotions that the client is experiencing or repressing?

The client could not remember anything unusual happening around the commencement of the pain in her foot, 2 days prior to session. However when resonating to K1 she related her fear of starting a 6 year uni course. She feared failing the course as she was not good at stats and science.

The Energetic System

- Check Malkuth
- K1's would be congested through fear of failing
- BL 63 painful would need to be opened
- Open BL 67 to BL 62
- She is blocked at Netzach from fear and worry about starting university.
- Check front of heart relating to confidence.

Treatment – first session

- Opened K1's which were very congested. She giggled as she felt the energy moving through her foot. This giggling was a good sign of her being more open energetically. She talk to me about starting a 6 year uni course and her fear of failing. I informed her how this fear had impacted her energetically through the Kidney and Bladder meridians, which made sense to her.
- I opened BL 63 on its own which was very painful. I opened BL 62-67.
- I then opened BL 63 to Netzach and she released 'fear of failure'.
- I opened BL 63 to front of heart, which was very congested. I then encouraged her to remember a time when she was confident and feel the energy in her heart while saying 'I feel confident'
- Checked Hod and Malkuth which were both fine.

- I asked her to come off the table and check her foot on the floor. It was flat on the floor and pain free. She was amazed she could walk without any pain.

Result/ How it was resolved

What was the result after treatments concluded? How was the complaint resolved?

She left pain free and able to walk on her left foot and was able to celebrate new years eve.

She was able to giggle and laugh at how holding onto her fear had created so much pain.

No more sessions were needed and her mum who had recommended she come to me was relieved when I saw her next time.