



Case Study Two

Case: Unable to walk properly due to frozen left leg, 71, Male

The Person & Complaint

MR an active 71 year old male that presented with pain in the left leg. The leg had locked after watering plants on Sunday 25th August 2013. No obvious emotional events but was angry that he could not weight train and was fearful that his body was further deteriorating. MR is active and is maintaining a gym programme and was frustrated that he could not train or pursue normal activities. On questioning he may have been dehydrated on the Sunday after going to a party and drinking on Saturday.

The Story & Emotions

M.R.s recurring feeling is that he aging, he wants to continue to be active and is angry at his aging. MR still holds a fulltime job in a hospital.

The Energetic System

The pain was at the bladder 36 specifically but had caused the whole leg to lock up. I felt that perhaps other centres (Malkuth /Hod were possibly involved) and other points maybe involved. Initially my main aim was to get him out of pain at the workplace with no treatment table available.

Treatment – first session

In the session first session MR present with pain at bladder 36 on the left leg. I treated from the bladder divergent point on the left thumb (Oceans of Streams by Viet Allen) to the site of the injury. The session was conducted in MR's lunch time at his work place for 45 minutes. The pain dropped from 9/10 to 6/10 in the first session towards the end of the first session it was established he was dehydrated and I requested that he either use a pinch of Himalayan salt in water or a small amount of lemonade or "Gatorade" in water to rehydrate. He did this and reported that there was no change at the end of the day in pain but he was not feeling exhausted and disorientated.

Treatment – second session

In the second session, which was again 45 minutes, MR expressed that the pain had remained at the 6/10 overnight that he was still uncomfortable. He had drunk 2 litres of water and with a can of lemonade mixed in and he felt more present. He expressed this

in this session that he was angry and concerned that his health was deteriorating. I explained that been angry from a psychoneuroimmunology perspective, that if he was been angry he was increasing his cortisol levels and exacerbating the problem? It took some time for him to grasp the concept. But he did understand that the pain could be linked to his anger and that was not helping. Pain dropped to 4/10 and walking was better. His limp was definitely less pronounced.

Treatment third session.

Was the next day for 65 minutes similar to the second session, talked about the need to stay hydrated which he reported was working well, he had never drank so much soft drink in years even if it was diluted, he joked but said it was making a difference. The left leg still a little tight so I continued on Bladder 36 and the divergent bladder channel on the thumb the pain dropped to 3/10 walking was much better .He got the concept that anger about the situation was making it worse and said he was working on it .

Treatment fourth session.

I treated the same points as the last session bladder divergent and continued on bladder 36 . The session was shorter due to work commitments (40 minutes) and the pain dropped marginally .He did report that he had trouble sitting down.

Treatment fifth session.

We investigated where the pain was on "his arse" (his words) which was at Bladder 35. He was angry as he had a 45 minute bus journey and could not sit down .Previously with the leg locked up he had not been able to sit down to know this. The pain at bladder 36 was 2/10 at worst and sometimes totally absent at other times and the pain at bladder 35 was 8/10 when sitting at a hard chair. Initially I tried doing tried doing Bladder 35 to Bladder 36 with very little success there seemed to be flow , but it was not shifting the pain . I did this for the 45 minutes I had for the session. MR reported a 10% reduction in pain at the end of the day.

Treatment sixth session.

I approached it from a different angle doing Bladder 35 to the liver divergent on the ring finger for 45 minutes. Lots of heat came off both points as I treated he expressed anger at not been able to sit and I asked him to express exactly what he was feeling as it was a way to release the pain .He talked about the pain and anger that he could not do all the things he wanted .He wanted to continue to work, but was angry, tired and despondent about not feeling comfortable sitting on the bus .At the end of this session the pain was down to 2/10.

Treatment seventh session.

The last session was short 40 minutes and MR reported that he could now sit on the bus.

I cleared what I thought was the residue and talked more about not getting angry at events that happen as it could restrict him. He understood that and thanked me. He had no pain for a week after.

Result/ How it was resolved

A week after the last session he came in overjoyed saying it was just fantastic it was a miracle. His wife had bought him a trip to see dolphins at Port Stephens which involved a three hour bus trip. He completed the trip on the bus and sat on a hard seat for the duration of the cruise and was pain free. It was the happiest I'd seen him in months.