

Case Study 9

The person and complaint.

A 24-year-old male presented with a left knee issue.

He had torn his cruciate ligament when his foot slipped off his pedal while riding a bike about 2 years ago.

The pain would radiate up the front of his shin and into his knee, with the pain currently 5/10 but would radiate up to 8/10.

He would rate his stiffness at 5/10 as well. His knee would feel as if it pops and grinds on movement.

The Story and Emotions.

At the time of the injury his parents were going through a divorce. There was a lot of tension and anger around the house between his parents.

He was very worried about how his mother was coping, mainly that she would be going through the same emotions as him, Anxiety and worry.

The Energetic System.

He had appeared to have blocked his navel chakra to his knee, also his stomach meridian was blocked through the knee.

Treatment – First session

I started by opening the stomach muscle meridian and St44 to the knee. This was completely blocked and took 30 mins or so to start moving.

We spoke about his worry at the time. I got him to say I release worry /worrying about Mum which started to get the meridian moving more.

I went to the knee to the navel, which were not connected at all.

I got him to say I release being worried about you mum.
He went into noticeable emotional distress, breathing very deeply. I had to prompt him to say the words.
The knee became very hot and shaky to the navel chakra.
It took around 20 mins for it to release.
We talked about how worry will not help our external circumstances but only weaken our bodies.
After the knee balanced to the navel. He said the pain had reduced slightly (4/10, and his Knee was some how freer, although not visible.

Second Session.

His knee had felt better after the session but within a day the was experiencing more pain (5-6/10) at the top of the shin
He also said it felt like it had someone's hand around it.
I checked the knee to the navel chakra, which balanced within 2 mins.
I then balanced his knee to the sex chakra, which took around 20 mins to come in to balance.
I opened Sp9 for 30 mins. It became really hot and opened up well. After this the pain at the knee was gone, but had shifted to the back of the knee, and in his calf.
I opened bladder 40 to 67. This caused great pain around Bl 40. This subsided after 10 mins to around 2/10.

Third Session

The knee pain was back up slightly to 3/10 at the front of the knee and he could still feel it radiate down the front of his shin.
I open St 44 to the knee, which was quite electric feeling but moving more than previous sessions. I stayed on this for the majority of the session. Moving to St41 once St44 had started to clear a little.
After around an hour it was flowing well, and he had a small amount of pain (1/10).

Forth Session

He only had an average of 1/10 pain throughout the week sometimes going up to 3/10 but rarely.

I continued to open up the stomach meridian from St 44 to the knee. Once this cleared I cleared the Stomach muscle meridian and then the knee gates at Sp9.

He reported no pain at the end of this session.

Fifth Session.

He was mostly out of pain the following week, with only up to 2/10 pain, but this only happened a couple of times.

I cleared the Stomach Meridians again from St 44 and 41.

And finished with the Sp 9 and Liver 7 points, which opened well.

How it was resolved.

He advised that the following week the pain was gone and has since not returned.