

Case 9: Recent Second Knee Replacement Surgery, MM a 62yo Female.

The Person & Complaint

MM had her Right Knee replaced six months ago and took a long time to recover. Her Left Knee was replaced 10 days ago and she would like a quicker recovery.

MM has 4 children who have all left home, the youngest being 32yo and the oldest married with two young children. MM was divorced 7 years ago. MM's Father died 20 years ago, her Mother died 10 years ago and her sister committed suicide after a life long struggle with schizophrenia 8 years ago.

MM is about to retire after a long career as a senior German teacher in the State High School system. Sadly the last few years of her teaching have been much less enjoyable. MM has been fighting a new Principal at her school. He has been making silly changes without any consultation with staff who have decades more experience than he has. MM is angry and resents how the Principal has treated her, her school and the children she knows so well.

MM is an active Catholic Church goer, very active socially within her church and loves gardening.

Physically

MM is very over weight and has struggled with her weight since having children. As MM's knees deteriorated she has been restricted physically, which has increased her weight further.

MM says she has good health apart from her knees and takes no regular medication.

The Story & Emotions

MM was reticent to discuss her emotions directly. However MM's emotions spill out as she speaks about her history and the current events in her life.

MM is very hurt by her divorce which followed soon after the death of her Mother and Sister. MM holds onto a lot of sadness from this period in her life. MM is angry and bitter at her ex-husband and a close friend who betrayed her. The two are now married. MM is also bitter towards the Principal at her school. MM has a strong sense of justice and of how things should be.

The Energetic System

MM is blocked in the Nativoth of Justice, The Hanged Man, Death, The Star and Judgement. MM searches for justice in a world in which she has lost trust. Frustration, bitterness, anger and loss have worn her out and now her knees have given out.

The meridians in most need of support will be the Spleen/Stomach, Liver/Gall Bladder and Pericardium/Triple Heater pairs.

Treatment Session 1

I saw MM at her home with her sitting in a lounge chair. Her Left Knee had been operated on 10 days previously and MM had just switched from two crutches to one. MM was using the usual pain medication following a knee replacement of Oxycodone tablets and Endone patches.

The Right Knee felt fairly good with minor blocks in various places as I felt through it.

The Left Knee ached on both the Lateral and Medial sides. The pain gradually increasing then resolving.

Similarly the Superior and Inferior aspects of the knee ached then resolved.

Superior Left Knee to Off Heal gradually connected and flow started.

Asking MM how her knee felt she said most pain was now on the Lateral Superior Side Proximal to the Knee. The muscles were particularly tight and tense.

Resonance to the area resolved the pain and the area opened over 20 minutes.

Conclusion Session 1

MM was surprised in how much she felt while I was treating. She was also happy with how her knee now felt. There was little remaining pain and all the muscle tension was gone.

Session 2 (1 week)

MM felt much better in her left knee. Her left ankle was swollen, probably from walking too much. As a consequence MM had been asked to switch back to two crutches again. MM reported that the lateral muscles superior and proximal to her left knee were still relaxed and had not tightened again.

Treatment #2

Superior and Inferior of Left Knee had gradual movement with less ache this time. Similarly Medial and Lateral Sides of the Left Knee relaxed and connected quickly. As did Superior Proximal and Superior Distal of the Left Knee.

The Left ankle was significantly swollen comparing it to the right ankle. Resonance to the Lateral and Medial Side of the Left Ankle released lots of pain and gradually the sides cleared, moved and connected.

KID1's were dull and tight with some movement towards the end.

Conclusion #2

MM felt relaxed and pain free following the session.

MM messaged me two days later to say that her ankle was much better.

Session 3 (1 week)

MM's left knee and ankle continue to feel better with greater freedom and movement.

Treatment #3

KID1's gradually cleared with a little movement.

GB44's were very tight, releasing in spurts and clearing to some movement. MM felt some pain near the Left GB40 and GB41 points during this.

SP1's were tight and cleared but with little movement.

Medial and Lateral Sides of the Left Knee felt pretty good but with a fullness feeling.

Similarly with the Superior and Inferior aspects. Clearing the knee to movement and connection was getting quicker each session.

Conclusion #3

MM was happy to talk about what was happening in her life, but not with any intention that I would treat her for anything that came up. MM did not want to do any meditation or release work.

Session 4 (2 weeks)

MM has to go back to work next week as she has run out of sick leave. MM has Long Service Leave if her knee causes her too much distress.

I asked MM what she felt she was getting out of the treatment. MM felt happy within herself and knew that she had much more movement and less pain this time. MM is still taking Oxycodone tablets and Endone patches.

I also asked what MM would like from future sessions and she said more function and movement so that she can get back to her garden.

Treatment #4

Right Knee opened quickly in all aspects.

Superior of the Right Knee to Yesod opened and connected.

Left Knee was slower to respond and had a feeling of fullness.

Superior of the Left Knee to Yesod opened and connected, after releasing pain from both the Knee and Yesod.

Medial and Lateral Sides of Left Ankle released tension and gradually moved.

Left Ankle to Off Toes also released a lot of tension with MM reporting pain around the BL59 point, moving to just proximal to the lateral malleolus. This pain then spiralled around her shin to about SP9/LIV7 then resolved.

Left Heal to Off Toes was sluggish and dull to feel. I felt some movement towards the end.

Conclusion #4

MM felt comfortable enough to stand for Grounding this time.

Session 5 (1 week)

As soon as MM went back to work she was offered a Redundancy Package to start in 15 weeks. MM's relationship with the Principal appears to be very poor with petty actions being made from both sides. As an example MM is being asked to do 4 lunch time yard duties each week, where the average is one each week. Often when a teacher is ill they are excused from yard duty completely. MM expressed bitterness in the situation.

MM is gradually reducing her pain medication as recommended by her surgeon, but is very happy that she is not feeling any significant pain this time.

There is still mild swelling in the left knee and ankle.

Treatment #5

Medial and Lateral sides of Left Knee. Moderate pain dissipated and the sides connected.

Similarly for the Superior and Inferior aspects.

MM reported some pain proximal to the knee, more on the Medial Side.

Ache was released with Resonance to the area and the pain dissolved.

Superior Proximal and Distal of the Left Knee had gradual movement and connection after releasing ache. MM felt movement down the Spleen channel during this.

Left Knee Cap to Yesod. No significant pain from the knee this time but significant pain and ache released from Yesod. MM started to feel pain build on the medial side of her knee.

Switching to Medial Side of Left Knee to Yesod. Yesod started to ache again and then resolved, while the medial side of the knee released a lot of ache and was quite painful to MM as well.

The ache and pain resolved but the Knee and Yesod wouldn't quite connect.

Proximal to the Left Knee to Yesod opened and connected quickly.

Medial and Lateral Sides of the Left Ankle released some mild pain from superior to the lateral malleolus then cleared and connected.

Lateral Malleolus Left Ankle to Heal Point connected quickly.

Lateral Malleolus Left Ankle to KID1 had lots of jerky motion before connecting.

Lateral Malleolus Left Ankle to Medial Malleolus had some small jerking before connecting.

Conclusion #5

MM described a change to how her left ankle felt after treating her ankle. "It feels as if a headache has been removed from my ankle even though I wasn't aware of an ache before." MM said both her left ankle and knee felt a lot better.

I suggested a Sacral Balance for the next session which MM agreed to.

Session 6 (2 weeks)

MM said she was managing at school despite the unpleasantness. All else was good.

Treatment #6

The Sacral Balance was able to be completed in just over 90 minutes.
The main issues were at Shen Tao, Binah, the inner thighs, left hip and the sacrum.

Conclusion #6

MM was very relaxed after the Balance.

Session 7 (2 weeks)

Both knees continue to improve.
Not using any Endone patches now and on the lowest dose of Oxycodone tablets.
This is much advanced to her previous surgery.
MM is moving much more freely now with two good knees, however her left ankle has some swelling again.

MM said she was choosing which fights to pick at work. I asked MM whether it was worth picking any fights. MM felt she must stand up for herself. MM had never stood up for herself when she was younger and she needed to be an example for the younger teachers.

Treatment #7

Inferior to Superior of Left Knee connected with the release of some pain.
Medial to Lateral of Left Knee connected with the release of some pain.
Inferior to Superior of Left Knee connected with the release of some pain.
Proximal to Distal Superior of Left Knee connected with the release of some pain.
The Lateral Superior Proximal (LSP) aspect of the Knee continues to be the sorest part of the knee. Clearing more with each treatment.
On the LSP region to On Under the Left Knee. The knee suddenly went quiet, then slowly they connected releasing pain as they did.
Off the LSP region to Off Under the Left Knee then connected well.
Off the LSP region to Yesod connected well.
Superior to Left Knee to Yesod also connected well.

Checking the Right Knee Gates for pain: SP9 8/10, GB34 5/10, ST38 1/10, LIV8 0/10.

Right SP9 and Left SP3 were both painful, gradually releasing to a little movement.

The Right SP9 point improved to 2/10 while the SP6 point was still very sore as were the Left SP9 and SP6 points.

Conclusion #7

Grounding. MM was going to find it difficult to come for sessions over the next few weeks as school was being difficult with her leave as she approached holidays and retrenchment.

Session 8 (6 weeks)

Both knees are feeling good and MM is walking a lot and working in her garden again.

Treatment #8

Left ST45 and ST35 were both electric, gradually settling then opening with a spiral movement. MM felt movement up the Stomach and the divergent Stomach channels to the upper leg. Left ST45 and ST36 were the same as above. Left ST35 Divergent and ST45 Divergent were again electric, settling to a spiral movement. MM felt movement up both legs for this combination. Left SP1 and SP9 had some opening. Following this SP6 was pain free and SP9 nearly so.

Conclusion #8

Grounding.

Session 9 (3 weeks)

I visited MM on this occasion and unfortunately lost my notes for the session. The details below are from memory a few days later.

Treatment #9

Clearing of the Spleen Channel.
Left SP9 and SP7 cleared after releasing some ache.
Left SP9 and SP6 also cleared.
Left SP9 and SP3 took time to connect.
Left SP9 and SP1 had some movement before switching to SP1's. These opened and MM felt the channels up both legs.

ST45's gradually opened and the ST36 points were mildly sore to touch.
ST36's cleared and opened.

Conclusion #9

Grounding.

Session 10 (1 week)

Knees continue to improve and ankles are OK too.
However MM's right shoulder has been sore. The pain was on the Large Intestine meridian.

Treatment #10

Tipereth opened fairly quickly.
Tipereth/Gevurah were slow to open and connect.
Gevurah/Chesed opened and connected quickly.

Right LI1 and Gevurah opened well.
Left LI1 and Gevurah opened well.
Right LI15 and Gevurah opened well.
Left LI15 and Gevurah opened well.
Right GB Hand Divergent and Gevurah were tight and struggled to open.
The Gall Bladder Organ was tight and angry.

Conclusion #10

Grounding.

Session 11 (1 week)

MM's knees and ankles continue to be good.
Her right shoulder is a bit better.

Treatment #11

Gall Bladder Organ was very tight and relaxed partially over 20 minutes.

KID1's were mildly electric before opening well.

GB44's: The Right point opened to the knee while the Left remained closed.

Left GB44 and GB34. MM reported pain around the GB34 point up to the head of the fibula.

The GB34 point cleared a bit but wouldn't budge.

Left GB44 and GB41. Both points were electric then settling to movement.

Left GB44 and GB34 again. This time the GB34 point cleared significantly

Conclusion #11

We were approaching the last weeks of the school year and MM was now too busy to continue sessions until after Christmas.

Result and Conclusion

MM wanted a quicker recovery from the replacement of her second knee. By her accounts we managed to do that successfully. MM was happy that she had less pain and she was back in her garden much faster than she expected.

MM didn't want to explore her attitudes, emotions or stories. Despite this, I feel that MM may be a little less reactive and a little more aware of her pattern of behaviour following our sessions together. Should MM decide to have more sessions I would gradually spend more time on the Nativoth.