



Case: 37 y.o female - pain in leg (break not healed fully)

The Person & Complaint:

A 37 year old female, broke the top of her tibia on her left leg 3 years ago whilst running.

The Story & Emotions

At the time she didn't think she had broken her leg, she thought she had just hurt herself. After a couple of days she went to the doctors and they sent her for a MRI and it showed the fracture on the top of her tibia on the medial side of the leg.

Since this she has always been in pain, she has to sleep with a pillow between her legs and wear a brace when she does any exercise (she likes running and doing boot camps).

The Energetic System

- Spleen channel blocked.

Treatment - first session

- Her pain is 3 out of 10.
- Did resonance to the location of the break and it felt like a really deep bruise and was very sore.

At the end of the session client said her knee felt more like a 2 out of 10 but now her ankle was hurting (4 out of 10)

I explained that the energy is moving and that is a good thing - I said the sensation will improve over the sessions.

Told the client to ease back on her exercise whilst going through these sessions.

Treatment - second session

Client feedback - no pain in her knee but her ankle was still a 4 out of 10.

- worked on ankle (on) to sp1 (off) - lots of clamping and releasing through the session, very painful.

Client said her leg felt dead at the end of the session - like not a part of her.

Treatment - third session

Client feedback - Knee felt great still no pain, ankle about 2 out of 10 - the dead sensation disappeared and hasn't come back.

She is listening to her body and not doing the exercises she doesn't feel are right for her knee. However she is training to walk 2 marathons in 2 days.

- Treated resonance off the ankle and to sp1 (off) - very electric today and lots of movement finally

Explained that the channel is clear and her body just needs time to heal completely.

How it was resolved



Spoke to client 3 months later - she completed her 2 walking marathons and her knee and ankle have been pain free.

She no longer sleeps with a pillow between her legs and she no longer wears a knee brace when exercising. She is however still listening to her body and now is confident to say no to her trainer when appropriate.