

Case 5: Lower Back Pain affecting Golf, BM a 53yo Male.

The Person & Complaint

BM was an optometric contact lens patient of mine who wondered if I could help him with lower back pain which was limiting his golf.

As his Optometrist, I was more concerned about recent bouts of loss of balance, which often came with a weird disconnected feeling. BM was less concerned about these episodes as they weren't affecting his golf.

BM likes to play golf three times per week. BM enjoys his work and works hard in a building business, **but golf is BM's passion.**

BM was adopted as a baby. He met his natural birth mother but felt no connection and hasn't seen her since. BM's adopted parents split when he was 5yo and divorced when he was 7yo. BM felt he needed to be the man of the house from when he was 8yo. He got a new step dad for a few years when he was 10yo but never connected with him. BM bought a house at age 21 and his mother and sister lived with him until he married at age 26. From that marriage BM has two children. His son is 21yo, has been on drugs for a long time and recently lost his licence. His daughter is 19yo. BM separated and divorced his wife 7 years ago, describing her as a bossy dominant mother. Currently BM has little to do with his children. Seven years ago BM met Anne who he now lives with. Ann has 3 children one of whom lives at home. Ann enjoys playing golf and it is the main thing that they share.

BM likes order and neatness, "it makes me happy." He hates mess or poor work. BM also has a very strong work ethic, struggling with anybody who doesn't. "I really like it when everything is completed and where it should be."

Physically

Fairly constant lower back pain.

Recent episodes of loss of balance with a weird disconnected feeling. BM had some of these episodes 9 months ago which cleared up without treatment.

Stomach reflux for 15 years. BM now takes long term medication to avoid an ulcer. BM cannot burp and must go to the toilet to pass wind.

Snoring that is gradually getting worse.

A tight neck which led to fused vertebrae 10 years ago.

A stiff jaw which sometimes makes it difficult to chew and leads to gobbling food down quickly.

Occasional eczema at the elbows and knees.

Previously BM had a hiatus hernia in his 40's, urethritis in his 20's and eczema and asthma as a child.

BM was a smoker from age 20 to about 40 years of age.

The Story & Emotions

BM is struggling to maintain stability in a world that he isn't emotionally connected to. BM did not get the support or emotional connection he needed from his early relationships, nor has BM ever been unconditionally honoured in his relationships. BM now struggles to connect emotionally with anyone and only feels honoured when he is respected and successful.

The main emotions BM recognises are accomplishment, peace, sadness and loss. To feel good BM must constantly achieve and to feel peaceful BM must keep everything neat and ordered.

The Energetic System

Earth is unstable which has led to long term stomach issues, even to the point of finding it difficult to chew. As a result BM gobbles down food making it hard for the Stomach organ and its meridian. Half-digested food, emotions and stories pass into the Small Intestine, which can't manage. The shutting down of the Small Intestine makes it hard for BM to feel.

With Earth so unstable all the elements are affected. BM's childhood fears stimulated Water which drained Metal and asthma and eczema resulted. BM managed his feelings of sadness and loss by becoming a smoker in his 20's.

Hod is blocked as BM has never truly been honoured. Netzach is unstable, not being supported by either Yesod or Hod and disconnected from Tiphereth. With the Lower Triangle mostly blocked Tiphereth is not free to open and feel.

The only way BM can feel good is to keep everything under tight control. Everything has its time and its place. Whenever expectations are not met BM is very judgmental and becomes frustrated. This puts a strain on Wood and particularly the Gall Bladder system.

The Lower Back Pain will be related to Hod, The Tower, Judgement, the Belt Channel and the Stomach and Gall Bladder meridians.

The episodes of imbalance are probably related to the Small Intestine and its meridian, particularly at SI19's and possibly the GB2 points.

Treatment Session 1

Tiphereth was moderately achy and disturbed, then gradually resolving.
Tiphereth/Netzach were reluctant to move and felt quite uncomfortable.
Chesed/Yesod felt complicated and did not balance quickly.
Chochma/Malkuth opened fairly quickly.
Hod was slow to respond and then started to move.
Hod to the Navel (on) slowly connected with tightness at the Navel and ache at Hod.
Hod/Netzach (on) was the same as above.
ST45's: the Right point was tight and unmoving while the Left responded with a variable ache and then some movement.
Right ST45 and Left ST43: the Right point stayed unmoving while the Left point was intense and started to move.

Conclusion Session 1

The session was not what BM expected. He felt quite relaxed but said that was probably due to lying down for 75 minutes. We made another session for a week hence.

Session 2 (1 week)

BM played golf on Monday, Tuesday and Wednesday, saying he felt freer and had no lower back pain. BM was happy. It was good to able play golf without pain, especially three days in a row.

BM had one episode of difficulty with chewing through the week. I suggested that BM have a big drink of water prior to his meal and see if he could eat his meal slower, chewing carefully and not using fluid to swallow half chewed food. BM said he would give it ago but was reluctant. I explained that chewing carefully will help BM's stomach and digestion. BM doesn't really like food, eating or tummies. Tummies should be neat and inconspicuous. "I don't like my tummy and Anne has a mummy tummy with stretch marks. I don't like looking at it or touching it."

Treatment #2

Tiphereth had less ache this time and resolved quicker.
Tiphereth/Netzach opened fairly quickly.

Hod was quite achy but resolved quicker than last time.
Hod to the Navel (on) connected more freely.
Hod/Netzach (on) felt better and connected mildly.
Hod/Netzach (off) struggled to connect but neither centre became achy.
Hod/Yesod opened quite well.

Gall Bladder Organ was tight, poorly responsive and difficult to discern.
SI19's were very achy and this reduced to mildly achy with some movement.
I quickly checked the Right ST Divergent at the hand which was also very achy then went suddenly quiet.

Conclusion #2

At the end of the session BM felt rested and good in his hips and lower back. He did note that his right shoulder was slightly stiffer than his left.

I suggested BM try to be gentle with his stomach and tummy, and continue to watch how he ate.

Session 3 (1 week)

Not quite as free in the lower back this week. No pain though and golf was good. Played the first round of the club championships and did well. "In the hunt." A very busy week with organising a surprise 50th birthday for Ann. BM has been uncomfortable planning the party, as there are so many unknowns. "I don't like unknowns."

No chewing issues this week and has been trying to eat slower. Stomach has been better and BM considered not having his stomach tablet.

Treatment #3

Tipereth opened quickly this time.
Tipereth/Netzach were a bit slow but opened well and without pain.
Chesed/Netzach: moderate ache in Chesed resolved quickly and the centres connected.
Netzach/Yesod opened quickly.
Netzach/Malkuth opened quickly.
Hod opened slowly but without any ache this time.
Hod/Netzach opened quicker and again without pain.

ST4's responded well with movement and some opening.
Left ST5, ST6 and ST7 all opened without much electricity.
Right ST5 was slower to open, ST6 was quick and I didn't have sufficient time to fully open ST7.

Conclusion #3

We arranged another session for 1 week.

Session 4 (1 week)

Lower back was very good this week as was golf. BM said his jaw has also been better and he hasn't had any reflux, even when he forgot his tablet twice.

BM then told me that he was troubled this week by an incident at the golf club. BM is currently in charge of administering some of the rules in the club championships. One of the members Ray, didn't like a decision he made and accused BM of cheating. BM is very sure he made the right decision but struggled when accused of cheating. "Integrity is very important to me."

Treatment #4

Tipereth was popping and lively at first, settling quickly and opening.
Tipereth/Netzach had no ache but were unsettled, then opening and balancing.
Hod/Netzach balanced after 10 minutes, after pressure in Hod but no pain or ache.

Tipereth/Yesod and Spleen Organ with Yesod. During this we explored the story. BM had no strong feelings toward Ray. What made BM angry was his integrity being questioned and he was frustrated that all his work for the club was not being appreciated. We did release work, releasing the story, anger, frustration, annoyance, Ray and the other club members.

Conclusion #4

BM said he was keen to keep coming but wondered if he could come fortnightly. He really enjoyed the opportunity to talk and work through stuff. He was also feeling better physically. I said that would be fine. BM then said he was finding it very difficult to explain his sessions to his partner Ann. Ann thought it was all nonsense. "You feel better because you get a chance to talk and have a lie down." I said it was often hard to explain energetic work to those who have never experienced it. What's important is that you are comfortable with what we are doing and you can see and feel the benefits. BM booked a session for the next week.

Session 5 (1 week)

BM was really pleased. He came second in the club championships. This was a great result for BM and he had played really well. He wasn't sure why he felt better but he was pleased that he did and was playing such good golf. His lower back and stomach were great. BM was noticing some slight pain in his right shoulder at TH14.

Treatment #5

Tipereth was mildly unsettled then opened quickly.
Tipereth/Netzach was very unsettled but this resolved and the centres opened and balanced.
Hod felt good and opened more.
Hod/Netzach: slow to open in Netzach but connected and balanced well.
Right Shoulder to Gevurah gradually connected without any pain release.
Right TH14 to Gevurah opened well.
Right TH1 to Gevurah was slower to respond and opened mildly.
Right SI1 and HE9 were slow to respond and SI1 felt hesitant.

Conclusion #5

We were coming up to Christmas and BM was very busy so we discussed fortnightly sessions for the New Year. I said that 4 more sessions would probably be enough to open up the meridians I was concerned about. BM could then come in as needed. This appealed to BM and he said he would call in the New Year.

BM didn't make any further sessions.

In later communication BM said "I feel a little guilty for not making contact, it just felt weird. I'm generally well, still dealing with the aftermath of a recent vestibular event. Not vomiting anymore as I simply reassure myself that all is well and it seems to work. Our golf is going well, Anne is playing off 18 and I'm off 7. We are currently on leave, staying in Bright competing in The Great Alpine Classic (aggregate of 3 rounds of stableford played at Wangaratta, Bright and Myrtleford.)"

Result

In the end AcuEnergetics wasn't neat enough for BM. It felt weird and was difficult to explain to his partner. How could he be sure why he was getting better and feeling better? It wasn't sufficient that he was feeling better. In any case he was playing lots of golf and had improved his handicap.

I was happy that I addressed BM's issues and supported him in what he wanted to do, which was golf. His lower back pain and stomach issues were all much better at the end of treatment.

I think BM will find it hard to maintain his stomach improvements. He is likely to fall back into poor chewing over time. My biggest concern for BM in the future are his bouts of nausea with loss of balance. Western medicine is very poor in treating this condition and it often gets worse with each cluster. Most sufferers describe vertigo as the worst symptom you can get. When it lasts more than a few minutes, it is incredibly debilitating.