

Case: Lower Back pain, 52, Male

The Person & Complaint

Client has pain in his sacroiliac area. Client owns a financial firm and is always worried about the company's finances and has a lot of stress. Back pain comes and goes, but worse when the stress is high. It also hurts a lot more when he does strenuous exercise, works in the yard, or at the cabin. He sees a chiropractor regularly for back pain. He has two different leg lengths reported by the chiropractor, and measured by this writer. Client also gets a cold sore at the ST 4 point, when he is stressed. Client has also had 2 hernia surgeries, and sleeps with a CPAP machine for his sleep apnea. He was told by a PT that he has a tight psoas muscle. When he is really stressed, his back locks up and he can't move at all, sometimes for days. There was no physical injury. When asked when it started he said it has been there for 10 years and has progressed and gets worse based on the stress in his life. He also injured his right knee many years ago, and is in pain when the barometric pressure drops. He had surgery after breaking his left foot. He has inconsistent digestion. His left knee always feels unstable.

The Story & Emotions

Client has constant stress and worry as the owner of a financial firm. He went through a stressful divorce a few years before. Client is always up late doing work, as he tries to be present with his children, all while managing his own company and a new relationship.

The Energetic System

The emotion of worry and stress make for a classic ST and Pericardium special messenger disruption.

The location and description of the pain, along with the strong emotion of worry, appear to be affecting the ST divergent channel. The constant stress and worry make it challenging for these systems to work properly. In addition, with the severing of the stomach muscle meridian with both of the hernia surgeries, disrupts the St/Peri system resulting in sacroiliac back pain, unstable knees, and poor digestion.

Treatment – first session

I opened Shen Tao to Naval to support the Stomach and Pericardium relationship, the stress and the worry. I had him talk about his work and home stress while doing resonance to Shen Tao and the navel.

Lots of electric release and then a gentle opening potential. Session was short, due to intake.

Treatment – second session and third session

Client reported not feeling a lot better, but perhaps a minor improvement in his sleep.

An intern did a stomach 4's balance, twice. I assisted with the divergent channel at the end of the channel until St. 4's opened. His leg length was completely cleared. Client got off the table with zero back pain. He was completely shocked.

Treatment Four-

With an intern we opened the St. Muscle meridian on both sides. We got up to the fourth binding point on each side. Client said his knee felt less locked up. St. MM released heat at the second binding point and quite a bit of pain, especially at the third binding point.

Treatment- fifth session:

Client reported less stress, digestion improved and are sleeping well. He has no back pain, even though he has done a ton of outside work. He was happy that he went on a short hike and he felt strong enough in his knees to do it.

With an intern we both opened ST. 36 and P7 to harmonize the special messenger and ensure balance in the system. Balanced Shen Tao and the navel. Client said he was feeling great at the end of the session.

Result/ How it was resolved

By opening the ST. 4's channel, it released the tension in the worry channel, allowing flow, and increasing the flow in the sacroiliac joint and the psoas muscle. Opening Shen Tao and stabilizing the meridian allowed for less tension in the channel and is able to support the stomach channel. Opening the navel and talking through his worries and stresses really helped give both systems a good opening potential and support the meridian, organs and the muscle meridian system. He requested we treat his girlfriend, insisting he has never felt better.