



Case Study

Lower Back Pain

Retired 68-year-old male chronic lower back pain.

The Story & Emotions

Has chronic low back pain along the belt for his whole life, was in car accident at age 14. Takes Advil daily, has had PT in past, MRI shows a little arthritis but otherwise looks good. Does not sleep well (never has) goes to bed at 10 wakes at midnight for a couple of hours then falls back to sleep.
Frequent urination
Heart arrhythmia, takes blood thinner and is on blood pressure and arrhythmia meds

The Energetic System

Bladder, Gallbladder, Liver, Stomach

Treatment (first session)

Bad pain yesterday for back and did not sleep well last night.

Did Belt Channel strange flow. Got some flow back felt a little better

Resonance to navel and throat, back started to get uncomfortable Pain level at 6

Back to belt channel was flowing

Resonance to GB 34 and 41 both very tight

Pain level back to 3 when he left session.

Treatment (second session – 7 days between sessions)

Feeling pretty good, back is not hurting so much.

Did LI 11 and ST 40 on right side.

Moved but did not open. Scheduled 2 times for next week.

Treatment (third session -10 days between sessions)

Pain is about the same.

ST 40 to LI 11 stuck, not moving Heel points on both feet, all painful

Treatment (forth session 5 days between sessions)

Pain about the same

Did heel point for L 4 & 5 then did coccyx to sacral center.

Heel point stuck and painful,

Coccyx painful and stuck, started to move and flow but not yet open.

Had no pain when left

Treatment (fifth session 2 days between sessions)

Back is a little better about a 3 and during walk the back didn't pull as bad. when walking up hill. the back was not as sore today.

Up 4 times during the night to go to the bathroom

did heel point and coccyx some movement felt better

left at a 2 out of 10 pain point for his back.

Commented on his frequent urination and up a lot during the night.

Treatment (sixth session 14 days between sessions)

Good for some time Had not been seen for 14 days and Got bad last week for 2 days- pain in GB 30 then got better and pain level is at 2 coming in.

GB 30 to LU 5

Heel point and Tailbone to Sacral painful settled in and is still not open.

Pain level at 1 when leaving session.

Result/ How it was resolved

Feels he is not going to get any better and is going to stop sessions