

Case: Pain in Lumbar area of vertabrae 80 year old woman

The person and the complaint

Client complains of sharp pain in the lumbar region of the spine following a fall and a blow to the cocyx several years ago. 7/10

Very uncomfortable sitting in certain positions. On checking there is an area of pain extending down to the sacrum.

On gentle investigation the pain is along the line of the vertabrae in line with L4/L5/S1.

The Energetic system

Using the spinal meridian system as a reference these points align with the small intestine and large intestine channels. Client reports digestion problems. Which ties in with the intestine story.

Discernment is an issue of the Small intestine And seems relevant in this case.

Falling may have blocked base – trauma. And being unsteady on your feet is a base issue. Apana (downward movement) likely to be blocked. Client often gets reflux.

Treatment

1. resonance to affected area. Client talks about the incident, saying how 'stupid' she was. Painful and client says it stings.

Client brings up worries and we discuss the effects of worrying on the body. And how this unsettles and puts stress on the intestines.

2. Client reports a reduction in pain to 5/10. Greater mobility and comfort sitting. Seems more relaxed.

Affected area to SI 1. Pain in this area cleared quickly, but more becomes more painful in surrounding vertabrae.

3. Client very happy with progress. Pain continues to reduce. 3 to 4 out of 10.

resonance to extended area and to LI 1.

resolution:

Pain cleared. Fluctuates from 0 to 1/10. No problems sitting. Client's confidence returned.