

Case: 1 [leg injury and neck problems], 59, Female

Start June 30 2015

The Person & Complaint

Include a brief description of the person, their relationships/family, their complaint, any relevant facts, health issues, history, etc.

relevant facts Client does not work, but does volunteer work, hobby is to prune fruit trees using her hands a lot. She has a partner since many years. Client is tall and about 15 kg overweight but has been always. Her body shape is wider at the shoulders than at the hips.

complaint Client always has a feeling of weak legs and feeling ungrounded, sometimes she limps when walking fast. Her right leg is at least 1 cm shorter than the left, most of the time she stands on just one of her legs, never on both legs. About 25 years ago fracture on this leg. She feels mostly insecure on her legs.

Also, her neck and shoulder is permanently stiff and lacks full motion, to left and right. Photos show that her left shoulder is higher than her right shoulder.

health issues and history About 25 years ago she and her partner were walking in some street, fighting about where to go on vacation, when she slipped and fell and broke her right leg, a complicated fracture which was operated where 2 long nails were put into the tibia, and later removed. The op resulted in nerve damage and on top of the patella there is a hard bump. She has about a 15 cm long scar across the middle of her proximal tibia and on top of patella.

In 2000 she broke the right ankle, but it is healed completely.

Her neck turner muscle (sternocleidomastoid) is very rigid and that she cannot really turn head all the way to look over the shoulder, in particular to the left. Her left shoulder is visibly higher than the right, see photos taken.

Even though she is past menopause she continues to have hot flashes which are bothersome to her.

Doctors: Is not being treated by any physician for these complaints.

The Story & Emotions

What's the story with the client? Is there one? If there's nothing obvious, is it more of an attitude or recurring feeling? What are the emotions that the client is experiencing or repressing?

Client loved her mother who died young from cancer, and hated her father, who was a very brutal, abusive and unkind man. She states that she blames the father for the early death of the mother. She seems to be holding on to some of these feelings all her life.

The relationship with client's partner is long term. However, client is tall and big, her husband is short and skinny, but my impression is that she does not 'stand up for herself' to him for what she wants.



The Energetic System

How has the story, attitudes and emotions affected the energy system? What is blocked/congested? What obvious centre's, meridians, fields etc. are contracted?

The base and sex are contracted due to the leg and feet problems, and in particular the knee bump. The knee issue probably affects the stomach meridian and conception channel, but she has excellent digestion. The belt channel and apana field are also contracted. The gallbladder meridian is severely blocked, in the beginning the GB points I treated were totally numb.

To me it seems that all yang meridians are too dominant, weakening the lung and spleen yin organs. The C7 center is consequently very blocked, affecting her neck, arms and hands.

It seems to me that the stiff and rigid neck are related to the old injury via stomach/spleen plus holding in the lung and large intestine pair.

The initial plan increase the flow into the old injury, balance length of legs, and balance yang and yin sides in the area of the neck.

Treatment – first session Tuesday June 30th 2015\ 90 min

What did you do in the session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Treatment: On the right leg I treated first the GB41 to the top of the right knee cap where the large bump is, but felt nothing – totally numb. Client has a huge scar on top of the right knee, so I treated that also to GB34. She felt sideways jerking on top of the knee, then promptly fell asleep. Next I moved down again to GB41 and felt a bit more movement. Client reported sensation in the side of the foot outside and that the right leg felt cool. The right leg needs a lot more work, in particular on top of the knee.

Next time: Perhaps sacral to generally increase flow into legs, ST4 to straighten out legs, sacral balance.

Treatment – second session Tuesday July 14th 2015\ 60 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Client reports that the bump on her right knee became noticeable smaller after the treatment! She feels that after the treatment she stands better on her 2 feet.

Treatment: First K1s, then GB 34 to GB41 on the right leg which had the fracture. Client reported that after the last treatment her right leg got much better and on top of the knee the knob became smaller. ST36 was no reaction or sensation. I felt strong current at GB41. After some time client reports a heat flash, I guess GB influences the TH meridian. After that she reported a cold current running down the side of the right leg. Next I did base to GB 34, and then base to the knee injury. Generally the right knee was livelier than the last time.

Next time: Next time either sacral balance or pelvic ST 4, because since the injury the right leg is much shorter.

Treatment – third session Tuesday August 4th 2015\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Client feels good after last session, standing better on both feet.

Treatment: I checked the length of the legs, and the right leg is much shorter than the left, by the width of my index finger, which measures 2 cm.

Did first K1s and then St4 about 40 min. Next I did off base to top of right knee, and off base to GB34. Client slept most of the time and did not report any sensations, except that she felt her legs getting warm in the middle of the ST4s. After, she reported again that the feeling of standing on both feet was strong, where normally she leans on the left leg. After the treatment right leg is still shorter, but it was about 30% better. I feel that her gall bladder is still weak, like she does not or cannot stand up for herself.

Next I did balance SP9 to sex and then SP9 to SP1 for a few minutes while we talked about the knee and leg injury, to release some of the story behind it.

Treatment – fourth session Tuesday August 18th 2015\ 85 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Client felt good, knee bump further decreased

Treatment: Did sacral balance on right leg only. Client fell asleep deeply. Since client complained about neck aches since about a week, did C7 to back of heart, just a few minutes.

Treatment – fifth session Wednesday October 7th 2015\ 90 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Client called day after last session, her neck was much better to her surprise, mine too, as I did only a few minutes after the sacral.

Treatment: I mainly treated the sex center to the scar on the lower medial calf area while talking again about the incident of the accident, the argument with the spouse, and her feelings about it, doing informal release after I explained a bit the concept of release. The main issue is that she still holds him responsible for this accident and seems to hold on to some

resentment about it. Client suddenly also started talking about losing her mother, who died of cancer on the pubic bone, while I was treating the sex center, but this was about 9 years previous to the accident and totally unrelated. Both my hands were very painful like a hot poker in the palm. After using the palm on the scar for about 15 min I did off the scar with just fingers on the scars. Clearly electrical wire from the area the tibia was broken. After about another 15 min the energy in both areas started to move and even synch with each other. I also did about 15 min scar to the navel which was also painful but started to move. Then I went back to fingers off scar/injury to sex for another 20 min, and again it was first painful, then started to move.

I did about 10 min off C7 to LI1 and LU11. While I was doing this, she started talking about her breathing difficulties, without knowing that I treated LI/LU, and that she often has a hard time breathing.

Next time: After the session and the grounding, client noted how much better she felt standing on both her feet. Homework was doing the wheel of dharma with both legs and hips just to increase flow into the legs, and exercise of putting awareness/shen into left sole, right sole, perineum and then to drop and let go the perineum.

Treatment – sixth session October 27th 2015 \ 90 min

How was the client after the first session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: Knee and walking better

Treatment: This time, we decided to work on the permanently stiff neck, as I feel it is related to the knee/leg injury. I first did the raking to see for any section stronger, the leg or the neck, but did not get any clear picture. Since the last time she clearly wanted to work on the leg and this time her hands have been strained due to cutting trees all year, we did the neck. Took some photos before and after. Her left shoulder is much more tight.

First did TH1 rt to C7 and GB div. to C7, until both started to move. Next did left side, and noticed that it is much more congested. Also, at the GB div on the left hand I did get nausea. Then did TH5 on the left then back on the rhs. Client fell asleep on both sides.

According to the photos not much changed, but the C7 decidedly released lots of tension.

Treatment – seventh session Tuesday Nov 3rd 2015\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Treatment: Good session, again client wants to work on neck. Did first TH1 and then shortly GB div. to C7, then TH5 to C7, then I did GB20 to GB21 across both sides lying down, and finally TH5 to PC6 on the left arm. She has a 15 cm long scar on the inside lower arm along the PC meridian. So I

treated that scar for a bit as well. Then she reported that she had a deep cut on the left index finger that was numb since years, but that suddenly she had more sensation back to that finger!

Treatment – eighth session Tuesday November 17th 2015\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Treatment: Client complained about blocked right shoulder, so I did mainly the STO38 point on the rhs, to the injury on the patella, and to the sto muscle meridian below the toes. All points electric at times, but then started to move, then blocked again. Stomach started to rumble right away. Did STO38 with shoulder rotation and the treatment really cleared the right shoulder. Client fell asleep mostly but reported that the shoulder felt much more unblocked. Also did some ST 45 for the knee being related to the stomach too.

Treatment – ninth session Wednesday December 2nd 2015\ 75 min

How was the client after the last session? How is the complaint? Improved or not? What did you do in this session? Be specific. What happened? What was the conclusion at the end of the session? What did you advise the client?

Feed back: The feedback of last session was that the block in the rhs shoulder permanently disappeared.

Treatment: So this time we decided to work on the leg again. Started with the scars on the lower rhs leg to SP9 which was very sore. Also treated SP9 to the injury. The SP9 was the most painful of the two. The scars are also still sore. Also the scar on the rhs knee patella was sore. Did 20 min on scar to base and knee to base. Still believe that the knee/leg injury affects the shoulder via the sto meridian. Client fell asleep deeply through the whole session.

Next time: Next time perhaps do ST4 to work on leg length one more time.

Result/ How it was resolved

What was the result after treatments concluded? How was the complaint resolved?

Client did not return for sessions in the next year, after my winter absence. Recently met her, she is very happy with the treatments and considers herself 90% better with leg, knee, and shoulders. The neck does not grind bone on bone anymore as it did. The shoulders and hands are full range of motion. Where she could not kneel on her right knee before at all, due to the bump, she now can kneel with no pain.

She has highly recommended my work to friends. I also believe she has made some changes to her living arrangements with her husband, developing more sense of standing up for herself.