

Case: 10 [Achilles tendon right], 59, Female

Start October July 8th 2016

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 is married, one son, works standing up all day in a bakery as a sales person. She is quite overweight and her body shape is V shaped, with wide chest and shoulders, narrower around hips. Interesting is, that she just 'with half an ear' heard that another client of mine told a third person how I was able to help her, and she just spontaneously decided to get sessions also.

complaint Client presents with a chronic, permanent painful left Achilles tendon, it's hard to walk, especially in the mornings, or with flat heels. She has pain always since 4 years. She walks the dog every day for an hour.

health issues and history A detailed Anamneses shows no other complaints, she is healthy, non-smoking, but overweight but since always. Some lumbar pain since longer, doctor says Arthrosis. Light stomach pain when she gets aggravated, which is very rare. Just had a yearly health check-up, no issues with Liver, Bladder, Kidney, Gallbladder, urinary tract, digestive tract. She did mention that she feels she drinks not enough – this probably stresses the kidneys further.

Only in second session she tells me about high blood pressure, of 180 systolic. She is on medication and it is now at 120/80. It seems possible her medication contributes to the swelling around the right ankle, but this ankle had been twisted about 20 years ago and since then is weak.

She is past menopause. She was anemic and iron deficient just before menopause with very heavy bleeding and they did a procedure called endometrial ablation, where they fill a balloon which was inserted into the uterus with hot water, I guess to cauterize the uterus lining and limit the blood loss – it worked, no more heavy bleeding

The menopause generally went well, some hot flashes, else ok

Doctors: Doctor (general physician and 2 different orthopedic physicians) did imaging, but there is no rupture of the tendon. They told her that the Achilles tendon is inflamed, and to apply some salve, massage it, and to wear heels to relieve the pain. This does not really help. Did chose, not to get a cortisone injection. Asked if the doctors mentioned weight loss, but they did not mention weight issues, she wants to lose weight and I just confirmed that this might aid recovery. She takes Ibuprofen only when she has a tough day at her work, where she stands all day.

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?

About 4 years ago during vacation with her husband to a north-east German lake resort, all of a sudden out of the blue, with no outward event remembered, she could hardly walk in the morning. Her husband went fishing in the mornings in these vacations, the rest of the day they spend hiking.

Since then she has a painful and now swollen/lumpy Achilles tendon. She cannot recall any emotional incident around the first time this problem presented, except that the food was bad. During the initial consult she several times mentioned that she feels she just has to 'grit her teeth' to get through this problem. This is a German expression, meaning, to just pull yourself together to get through something. It symbolizes to just not express but endure, i.e. suppress what is going on. I heard a person who knows this client describe her as 'nice'. So I feel the overall attitude is to grin and bear.

In the second session after questioning her about traumatic events in the past, she reveals that her mother was depressed and then manic/depressed with a few difficult situations during her twenties, when the mother tried to commit suicide. Patient was already married but living at her home with her husband. This was a traumatic experience for her.

Also she tells me that in the year before the Achilles injury, her father became a care patient and she and her husband had to take care of him. During the vacation, when the Achilles tendon got hurt, the father was in a short-term care facility. I explained that these circumstances might be related to her injury. In the same year, Client's husband had a heart attack and had to get 6 stents.

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?

I feel the base is blocked, since I have the impression that she is not really grounded to earth. Also, I feel that liver/gall bladder are congested and not properly lubricating the tendons.

The high blood pressure indicates that the heart is blocked, its fire is stressing the kidney/bladder system and thus weakened the Achilles tendon

The initial plan .Pain relief. Clear K1, BL67, the heel points BL60, KI3, liver and gall bladder related to suppressing emotions in general. Next clear heart/pericardium

Treatment – first session 18.7.16\ 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: Sitting up, did a check of all the finger end points, and the liver, bladder and kidney points are the most sore. So I started with K1, while on back just a few minutes. Then 15 min hand on left Achilles to heel, where the swelling and tenderness is to LIV3 since the tendon to me means the liver is stressed. There is a burning sensation at LIV3 that I feel.

The BL60 to KI3 points off are numb and it takes at least 15 min before I feel anything.

The remainder of the session I keep on the tender heel/Achilles area and treat to K1 again, then quite some time to GB41 to clear belt channel, since there is some back pain involved as well.

Next I balance the injury to base and to throat to stimulate the memory about the injury. Last few minutes resonance off throat to off base, and raking to ground, plus good grounding. The shape of the client is wide at shoulders and it looks to me that she is not grounded at all. After shortly resonating the throat at the end, she mentioned that she had seen a doctor also about

itching/burning between the first and second toes, i.e. the liver meridian. She promised to ask her husband if he recalls any incident around this sudden onset of pain.

Next time: I found a note from Kevin in class where he mentioned heart might be connected to Achilles problems. I can imagine that too much fire in the heart might harm the kidney and dry up the tendons, so perhaps pulsing to the kidney..

I think in the second session I will continue to work on KI and BL, the tendon directly, and again the liver.

I need to find out more about the attitudes, early life, background, any trauma, and if husband remembers any event.

Ask her about job, does she love/hate it?

Treatment – second session Tuesday 26th July 2016\ 75 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: Last treatment one week ago. At first no improvement, but the last 2 days she noticed less pain when coming down the steps in the morning, which before was always quite painful. She has been cooling the heel as I had recommended for the pain, which helps. The husband does not remember any incident during that vacation.

Treatment: At first sitting up, while talking about what happened, I checked the finger end points. The liver div. are better, KI and BL are still sore, so is Pericardium, TH and GB. Pericardium stinging while she told me the story as follows..

I asked about trauma or events more in the past, before the injury. She tells me that her mother was depressed and then manic/depressed with a few difficult situations during her twenties, when the mother tried to commit suicide. Patient was already married but living at her home with her husband. This was a traumatic experience for her.

Also she tells me that in the year before the Achilles injury, her father became a care patient and she and her husband had to take care of him. During the vacation, when the Achilles tendon got hurt, the father was in a short-term care facility. I explained that these circumstances might be related to her injury. In the same year, Client's husband had a heart attack and had to get 6 stents

Lying on back, treated with 3 fingers off K1 and the heart and pericardium points of the foot sole, on both feet, she seemed to relax quite a bit, did it just a few minutes to help her relax.

Next I treated on the right, injured foot only the K3 to KI1 to BL67, and all 3 points felt electric, but after about 20 min they started to move. Lastly I did the BL60 to K3 points for about 15 min, and they also started to move. Generally more movement and sensation than the first treatment.

Next time: Next session in 2 weeks, as she is away, on a hiking vacation. I recommend not to overdo it and to take a cooling pack.

I did not ask about the job, so that could be for next time, plus release about mother, father and husband



Also I think BL 57 (standing, lumbar pain, contraction) and BL58 might help. LIV3, and pericardium balance, liver flush? Liver has too much heat.

Treatment – third session Monday August 8th 2016\ 75 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: No improvement.

Treatment: At the hands while she was talking I sensed the liver div, Bladder div and P9 to be electric and hot at the pericardium. Talked about her job, and she likes it.

Did with client on back K1 bb briefly and K1 to BL67 rhs, which were all electric, but on the right hand side after about 20 min. they moved nicely.

Next I worked on LIV3 to on and off injury, about 25 min, and it felt like a lot of electric tension releasing. Also tested the SP6 point which was electric as well. None of the points are sore to her. I feel mostly she is numb, except to the pain at the injury itself. At the LIV3 several times I felt sharp pain but no heat. The stomach/digestive tract started to make lots of gurgling sounds while treating the LIV3 to injury

Lastly with client on stomach I did 4 fingers along the Achilles tendon with one hand, and the other at BL57 +BL58 with 2 fingers. The bladder points are just electric, until they started to move. The injury was first numb then also started to synch with the 2 BL points.

I feel a lot released but am disappointed that there was no improvement so far.

Next time: Asked her to let me know if something improved or not. Reiterated, that to make a difference, in this case 4-6 sessions are required as the complaint has been chronic for more than 4 years. Next time I want to do a release or liver flush

Treatment – fourth session Monday August 15th 2016\ 75 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: Received an SMS, no improvement.

Treatment: Checked the finger end points and still the ki and bl div. channel are tense, also the TH electric. Both K1 also still electric

Explained the concept of release work to her and at first she could not grasp it. So I said a few sentences with her, first regarding her father, then mother, and finally self. Closed the release say 'I release the pain in my foot' and 'I love you Sylvia'. The resonance of heart and throat while she was saying the sentences, took up most of the release. Both these centers very tense and throwing off a lot of heat! Also did some resonance over sex and navel centers, but the heart was where most tension was. My feeling was that she is very cut off from her own feelings, rationalizing her feelings



about mother, father and self. This causes numbness and I believe is the reason for her complaint and non-healing of the heel.

The remainder of the session I did K1 to BL67 to K3 plus K4. Then finally P9 to on injury. Here I felt the P9 electric and then stabbing pain towards the end. She also felt 2-3 stabs in the heel at the end. Explained that the numbness develops into sensation and perhaps pain before it gets better. I felt at the end of the session suddenly the pulse of arteria tibialis posterior, that I did not feel before...

Next time: Work on pericardium on back of heart to finger end points.

Result/ How it was resolved

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

A few days after the last session client sent an sms, that there was again no improvement and that she did not want to come back for more sessions. I feel that besides the lack of progress, perhaps she did not like the release work in the last session. From another acquaintance I was told that the husband of this client is a very unkind, difficult person. I feel it might have been too difficult for her to stand up for herself and continue the sessions without his support, even though she is making the money, as he is disabled. However, I feel that the sessions did make a difference and would have been successful if we could have continued.