



Case: 14 [knee pain under patella], 63, Male

Start July 26th 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 Married no children, works from home in electronic online sales

complaint due to over exercising on a cross trainer, knee pain in left knee when walking too much. The pain is behind the center of the patella, so my impression is that it is stomach related, and spleen is involved

health issues and history Wearing inserts due to plantar fasciitis in the past, but now no more PF problems, wearing inserts now all the time

Long term problems with heart burn, had gastroscopy but does not have to go back for a scan for 5 years. Has a skin rash around abdomen, since a long time – no allergies
During the sessions he also tells me that sporadically, his left ankle 'goes out' and for a brief time he has pain walking, since many years.
He does not smoke now but has been many years a heavy smoker. He quit about 15 years ago. The lungs are fine but probably still stressed from the smoking.

Doctors: no doctor seen for this knee pain so far. Went to see a doctor about the ankle and she told him to strengthen it and start jogging.

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?

Stress affecting stomach, tendency to overthink and work with the mind injures the spleen. Client mostly suppresses all his emotions and the liver is blocked as well, with the spleen/liver relationship affected and affecting each other.

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?

Client reacts often with stomach problems and diarrhea to stress. When he drinks alcohol often he has diarrhea.

It seems that he has a blocked navel center as there is a clear block visible in the body around the waist and navel. He also mentioned that he often finds that he holds his breath, probably from his smoking times, so metal/lung probably are contracted. Holding the breath shows probably a block to



feeling any emotions, as the lung and prana field are related to this.

The throat center blockage affects liver and lung both.

The initial plan treat stomach organ, stomach muscle meridians, spleen and liver, and then all the knee gates, GB34, ST36, ST35, ST34, and MN-LE-16, SP9 to SP10, LIV7,

Treatment – first session July 26th 2016\ 75 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: Started with 3 fingers off K1 to cover kidney, plus heart and pericardium points, it relaxed client.

Next ST36 to on stomach, for most of the session, client falls asleep.

The SP9 and LIV7 and the SP6 points are all sore, SP9 more than LIV7. So I treat SP6 to SP9 and finally SP6 to on knee cap. At SP6 he gets restless.

Next time: all knee points

Treatment – second session Thursday July 28th 2016 \70 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: Slight improvement, but did not walk/exercise much since last session

Treatment: All on left leg, I started with ST45 to on stomach organ to further relax the stomach, just a few minutes. Next I connected with one finger on each, the ST45 to SP1 points and balanced to stomach organ. ST45 and SP1 were both sharp at first, but quickly started to move. The SP9 point is still sore to touch, so this time I connected the SP9 with 2 fingers covering also LIV7, to the SP10 point. Both these positions were electric until finally, after about 20 min they started to move.

The last position today was center of heel to off knee cap. The knee held some heat but it dissipated. Only after about 10 min did the knee and heel start to move.

After the session the knee does not hurt, advised to observe while walking.

Next time: Treat Gallbladder to knee, perhaps to liver.

Treatment – third session Monday August 1st 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: Despite walking daily, some discomfort remains, but no manifest pain in the left knee anymore

Treatment: To relax, I treated both sides K1 covering heart and per with 3 fingers. He fell deeply asleep within 30 seconds!

On stomach organ to STO45, then to STO36, and to SPLEEN9+LIV7. Stomach organ treated for at least 35 min, when it started to move at last. When I moved to SP9, which is sore, more so than LIV7, the stomach organ became more painful than at the STO points before, then when it started to move, pain subsided a bit.

Treated the SP9+LIV7 spot with 2 fingers to stomach organ, then SP9+LIV7 to LIV3. While patient was deeply asleep up until now, he woke at LIV3. I treated the LIV3 to SP9+SIV7 position just briefly to get the liver flow going.

Lastly, SP9+Liv7 to SP10 through the knee. The SP10 point was sore to touch.

Next time: liver and gall bladder, if another session is required

Treatment – fourth session Monday August 22nd 2016\ 75 min

How was the client after the 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: Still pain under patella, when exercising or walking a lot

Treatment: Did stomach organ to ST45 for about half of the session, patient asleep most of the session, then ST45 to center of knee cap where the pain is located, and the second half finally to left center of the heel point to knee cap.

Next time: Do ST, SP, LIV, BL points at knee and through the knee SP10 etc.

Treatment – fifth session Monday August 26th 2016\ 75 min

How was the client after the 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: Did first K1, fell deeply asleep after a few min, remained sleeping for rest of treatment. Did liver flush, lots of congestion on left side of middle line. Did resonance to liver and throat at the end, and finally gall bladder organ to GB34. I feel that the liver congestion might have to do with the knee problems, so spleen, stomach, and liver involvement.

Next time: Depending on state of knee.

Treatment – sixth session Thursday September 1st 2016\ 55 min

How was the client after the 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: Still pain under patella, when exercising or walking a lot, feels chronic, lots of energy after the liver flush last time.

Treatment: Check K1s, it seems client is kind of tense, but able to relax and fall asleep after just a few minutes. Moved to off stomach organ and ST45 on left leg, client sleeping – about 20 min total. ST36 to stomach organ also a few minutes. Then I did the knee points ST35 to ST34 and MN-LE-16 to SP10. After a few minutes client started to mention that he felt itchy all over. I stopped the knee points and just did center of patella to stomach organ, to calm down the itching. However, he was agitated and itchy. So, to harmonize kidney liver and spleen treated SP6 on both legs which calmed him down, but then he wanted to stop the session.

I advised him that spleen and lung are related, and lung governs skin. We did the energy cleansing together, i.e. onion chopping exercise.

After the session he felt much better... I researched and found that the SP10 in fact has a strong effect on the skin, and is used to heal all kinds of skin conditions... When I asked client, he told me that in fact he has a skin rash on his upper abdomen, since long.

Next time: Treat Spleen, SP6, SP9, SP10 again to harmonize stomach and liver with spleen

Treatment – seventh session Monday October 3rd 2016\ 55 min

How was the client after the 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 did a hike last week, and on the way downhill the left knee started to hurt again. It seems to me that one of the cruciate ligaments might be affected

Treatment: Checked SP9 and it is painful. So first I treated about 30 min STO45 to sex center. There were some stabs of sharp pain mainly at ST45, but after about 20 min both the point and the center started to move, circle and back and forth in various directions. Client fell asleep and felt deeply relaxed.

Next I did SP9 to sex center. As I used 2 fingers at SP9 I guess I also affected the LIV7 point nearby, client got restless and awake. Explained effect of liver being more energizing than the stomach/spleen being more relaxing. After just a few minutes it felt that there was an inward motion, like pulling the energy into the point and the knee. I think it was a very good session and hope that the knee gets better.

Next time: SP9 to SP10 again, SP1 to SP9 and heel to knee cap

Treatment – eight session Monday October 17th 2016\ 55 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: Knee is almost completely good now. Client has started to sprint/jog last week, but the first time after the 5th sprint he hurt his left ankle at STO41. Since the recent knee problem is also on the left, but the left ankle is an old problem popping up once in a while, I tend to think this knee is related to the left ankle issue, both related to stomach meridian. It seems the knee problem moved down to the ankle. He is wearing an ankle brace now to support the ankle when walking or jogging.

Treatment: . Did first K1s few minutes – client falls asleep in a few minutes. I next treat STO41 to ST45 for about 25 min, where the ST45 point is very sore for just the first few minutes then subsides. The ST41, which is where the major pain is, is kind of numb, but finally starts to move. Then I did ST45 to ST36 and again the ST36 is first kind of numb and then starts to move and even synch with the ST45 point. Lastly just a few minutes at the end I do LIV3 to ST41. Client slept through the treatment but right away he gets restless at this position, wakes up and the LIV3 point is sore but shortly after it starts to move vertically up and down. I explained that the liver, as it produces cholesterol, has an effect on the lubrication of bands and tendons, so that a tight liver might contribute to all contractions and particularly to the tendons of the foot. Besides generally being emotional, there was no emotional story. I recommend, once the acute pain has subsided, he gently rotates the ankle and knee 9 times in each direction a couple of times to loosen tendons and bands of the foot

Treatment – ninth session Monday October 24th 2016\ 55 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: Ankle is good now, but knee pain not acute but lingering. Client thinks this will take a while to be completely healed.

Treatment: . Did first K1s few minutes, client relaxing. Then I do ST45 both sides, to ST41, then ST41 to ST36. Client is not sleepy but reports that he is relaxing and has a strong sense of streaming down his leg, almost like a feeling of draining. I can also sense a movement like back and forth and in and out at these 3 points. After a good 20 min I move to ST36 to off stomach organ, which is tight, I can sense tension in my hand, but it starts to circle after a while, also the stomach is making sounds. Finally for just a few minutes SP6 to SP9, both of which are sore to touch, SP9 more so. Client gets restless, I explain again that the liver is involved here – he gets to cracking his knuckles when I treat the liver. My finger on SP6 is painful, like stabs with a needle, but after a few minutes it subsides.

Client feels very good, relaxed.

Result/ How it was resolved

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

Talked with client on phone. No more pain, also when walking more than one hour or exercising with weights. He avoids one of the cross training machine that he thinks gave him this complaint.