

Case: 15 [Achilles inflammation both sides, constipation], 47, Female

Start August 2, 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 Female, mid-forties, runs a physiotherapist practice, married one son with cesarean,

complaint since years, inflamed and painful Achilles both sides, but most on right, where tendon attaches to muscle. It started this bout around Christmas, 8 months ago. It's hard to walk in the mornings, gets better, but always painful, no fun hiking at the moment.

Also, since about 5 weeks severe constipation, drinks more than 2 l water daily and has lots of exercise, as she is a body worker and physiotherapist.

health issues and history For the Achilles she had once a cortisone injection but it did not help at all.

For the constipation she takes psyllium husk but no other medicine, plus clistiers/enemas

Doctors: No further info

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?

The sore Achilles tendon I feel is due to the standing profession as a physiotherapist, but I expect that the close contact with the patients with no form of protecting against the patients energy, like our 'Elvis' shaking exercise, also contributes to this problem. The liver and emotion is strained and thus contracts/inflames the tendon. The general stress depletes the kidney, allowing the fire to dry up the system further.

Client lost baby daughter at birth with a cesarean. I feel that the lungs/grief contribute to the constipation, plus not wanting to let go of the baby. Also the kidneys are depleted, allowing the heart fire to dry up the stool, even though she exercises and drinks enough

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 kidneys are very stressed, at the K1++ points I could feel the vibration of the adrenalin!

The spleen/stomach/large intestines are stressed contributing to the constipation, The fire of heart and liver and the overactive triple heater contribute to the dryness and constipation and at the same time to the contracted tendons of the Achilles.

The initial plan Strengthen the kidney, unwind the bladder to help with the Achilles tendon. Treat ki-bl-liv, plus heart and the base. Also treat the trauma of cesarean with losing the daughter with some release work.

The points relevant would be the TH6, SP3, spleen front mu point LIV13, ST25 large intestine mu point

Treatment – first session 8/2/16\85 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 I checked the finger end points while chatting about what her complaints were. The bladder div is very electric, liver also but not so sore. PER is also sore, so is SI. Since she had some permanent acupuncture points in P6 and H5 in place, I did not linger at H and P. TH is definitely tense, stomach actually fine, but I suspect it is congested due to CV channel tensions.

On table I did K1 both sides with 3 fingers to cover heart and pericardium spots 1 and 2 cun proximal respectively to K1. Here I felt a fine shaking or vibration, I guess the Ki tension plus adrenalin. After about 5 minutes it subsided a bit.

Next I treated K1 to BL67 with left hand on right foot only and K3 with the other hand. These spots are all sore, patient reported ants running up and down both legs, and to LIV7. Did this for about 30 min total.

Next to LIV3 and hand on injury at the Achilles tendon, while I asked her to tell me again how this took place. The hand on the sore tendon was painful and sore! Next BL60 to K3 only and this felt like the 2 spots connected with each other like an electric current. Explained liver's role in lubricating the tendons and relationship kidney/water being depleted allowing heart/fire to dry up the stool. At the Liv 3 spot the digestion started to make lots of noise and gurgle.

Last I did just a few min. resonance to base, plus finger off navel to help with the constipation. Here she started to talk about scars of her cesarean. She feels that the constipation partially is due to her cesarean scars, plus that she had one cesarean emergency, which led to her daughter being born dead.

I explained that the scars may be treated, and that Large intestines are related to letting go and that there may be a relation to losing her baby, and letting go.

Advised that to treat her would take 4-6 sessions with a session about release included

Next time: Perhaps liver flush, wind gates for digestion

Result/ How it was resolved

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

I received a mail from this client a couple of weeks later, after her return from vacation, that the single treatment really helped her with her complaints. Till now, however, she did not make another appointment for a session.

My sense here was that the inflammation of the tendon might, besides liver stress, be related to partially be caused by large intestine congestion, which prevents full elimination and causes toxin



build up. Also, that the scarring from 2 cesareans plus the traumatic event of losing her second child during the cesarean are at the root of her constipation problems, contracting the tummy, not wanting to let go. So even though up to now no further sessions took place, I think this was a very interesting case.