

Case: 2 [fractured humerus right arm], 59, Female

Start August 15, 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 is female turning 60 this year, no children, single but had a long term relationship, and is still friends with partner. She holds a master's degree in social work but is retired, living comfortably, doing volunteer work a couple times a week.

complaint Client has fractured her proximal, right humerus head at the outside, right underneath the deltoid muscle, in a fall from her bike. It's a vertical fissure. Also there is a horizontal fracture just below the condyle of the humerus, but the fractures are not complex and do not need to be operated. She showed me the X rays from the hospital. She is wearing a sling with the arm fixed against the rib cage to stabilize. She has massive hematoma on her upper arm and rib cage, black and blue. She cannot lift the broken arm and has pain. First session just couple of days after the accident.

health issues and history She has had numerous fractures during her life. She thinks that is an issue of some type, but is not sure what.

Otherwise she has some thyroid issues, nodules, but is not on medication and has not had any operations.

Has had some digestive tract issues with vomiting and cramping. Her gall bladder has been removed. Blood lab is fine, no other issues.

She is overweight by about 20 kg but hates diets. She does exercise, biking and swimming in the summer.

Doctors: The fracture was x-rayed and stabilized with a flex-cast, which she is wearing day and night.

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?

While she was bicycling her hat fell off from the wind and she tried to catch the hat, lost balance and fell on her right side. The story with this accident is, that the accident took place one day before a final job interview for a management position in a shelter for refugees. She was fairly certain that she would get the job, as this interview was the second or third interview for this position. There were some clear signals she would be hired despite her age of 59. Due to the accident and fracture of course, she was unable to accept the job. She told me in the initial treatment that actually she did not feel like going to work anymore, especially in a highly conflicted setting with refugees. Of course, this year was the year of the refugee crisis in Europe, and as it turns out, this job would have been very high stress. However, she felt she could not just turn down the job and that this is why she had the accident.



She applied in the first place since she has the feelings of lack of purpose, as she is financially secure, not working, not quite sure what to do in the future. So basically she felt torn about the job and the accident determined her course. Being indecisive and feelings of being the victim are an issue.

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?

Obvious centers affected are the base, and her apana field due to the shock of the accident and injury. She does not feel very grounded most of the time, somewhat clumsy and tripping over things once in a while. She describes herself as often absentminded.

Also affected and congested is the throat, as it reflects the right arm and shoulder.

The initial plan Reduce pain, swelling, and hematoma, increase energy to injury to assist healing

Treatment – first session August 15th, 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?

Before I started we did the inner smile meditation together. Of course I explained it first and recommended she does it during this healing process regularly.

Even though the accident was just this week, she is not on pain medication, it hurts only when moving the arm.

First I did K1s to calm down the kidneys/bones and let her relax. Next I checked the fingers on her right, injured arm, and it seems the LI and TH, as well as the GB are most active. The SI is numb, I think she hit also the elbow. I also treated the div. KI at the pinky finger. Next I scanned the area of the injury and treated off injury to LI1 and TH1, while talking about the accident and the decision about taking the job.

Additionally, a lot of issues around broken bones (she has had about 7 fractures), being left in the hospital as a toddler, and receiving care after that accident, feeling abandoned as a baby, tears came also.

I treated the throat to injury while all these issues came up, in particular about the mother and her feeling of not being taken care of well as a baby by the mother, doing informal release. Lastly I did coiling around the area of the fracture, but since the rt arm is bandaged against the rib cage, could not do spiral around arm, but I felt the Qi was increased in that area. Generally the area of injury is very electric and painful to my treating hand.

Treatment – second session August 15th, 2015\ 60 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: Did a second session the same day, as I travelled to see her, and will leave in the evening.

Treatment: After lunch we did another session. Again I did the LI1 to injury and TH1 to injury, which made the fractured area hurt her, and become hot. She told me she had stomach cramps so I treated the base to the injury to relieve the shock of the accident.

After I arrived back home she told me that she had light stomach cramping, then light diarrhea after, and that she was very tired.

Advised her to put her own hand on the injured area to assist self healing.

Treatment – third session August 23rd 2015\ 70 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: Arm still hurts and is immobile, hematoma slowly healing

Treatment: The fracture seems to be healing well, she has another xray the following week. From the hematoma in arm and rib case still colors visible, green red and yellow, fading. Did C7 to all Yang meridians on the injured right arm, which showed that at first, the SI and TH were blocked. The LI and GB divergent were moving. So I continued to treat the SI and TH and the other 2. The LU was fine. Client felt right away the SI mer. line and also some pain in the TH and LI. Next I treated the injury to these meridian finger end points. Lastly I did magnetism twice and coiling on top of the whole humerus bone, which she also felt. It seems also the elbow joint had received some injury, which she felt. Last I did K1, and gave homework to do the grounding, left, right foot and drop the perineum. These breaks have to do with not being grounded enough.

Next time: Next time treat base again.

Treatment – fourth session September 13th 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: First did 5 min K3, and she was clearly feeling sensations in injury and shoulder, then feet became warm. Both points felt electric. Next did LI15 first to LI1, then to LI4, LI6, and LI 11, then C7 to LI15 and C7 to LI11. During all of these points client reported sensations through the broken area and pain, pulling, pulsing. We did also at C7 'I release holding on to my resentment' but no emotion this time.

Next time: Probably no next time, as client lives too far away for regular sessions.

Result/ How it was resolved

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



Later that year I spoke to her and she had had another scan on the arm. The fracture has healed exceptionally well, the doctors expressed surprise. She has no more pain whatsoever in the shoulder and has full, unrestricted use of it.

About a year later: Perfect use of arm and shoulder, no lingering pains, she believes it is due to Acuenergetics treatment, very happy about it.