

Case: 3 [broken 5th metatarsal bone on right foot], 55, male

Start December 17th 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 Patient is fairly healthy, married, 2 adult children boys. After a tiring and stressful period at work and travel he tripped and fell over a shoe and broke his right foot, the 5th metatarsal bone on the proximal end. He is about 10 kg overweight. I started to see him about 3 days after the accident. As he is a friend living nearby I went to see him regularly and even daily right after the accident.

complaint The right foot is red and blue and swollen, also the ankle. He is using crutches as he cannot stand on the foot at all. He has been icing it and elevating it for a few days, resting up.

health issues and history

No major health issues. Patient had rickets as a child, lack of Vit D, but has not malformations of bones, just brittle bones, so the doctors told him. However, no previous broken bones . Generally, his tendons on the foot are quite stiff and contracted. With his healthy foot he cannot flex the foot more than 90 degree towards the tibia.

Doctors: X ray to confirm the break. He cannot walk but after a while started to use a special shoe that keeps the fracture immobile and helps healing

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?

He feels that stress caused him to be inattentive and trip. He is furious about the accident as of course it incapacitates him. Anger is a main topic, he seems to be angry a lot. However, at the time of the accident he does not feel that he was angry, just tired and inattentive.

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 due to the anger his healing might be slowed. Obviously the apana downward movement is affected, the base center and the belt channel, so work on these will assist healing this. The base is contracted due to the shock of the injury.

I also feel that the throat is an important center to clear as it relates to liver/ joints and tendons. As his general posture is neck forward, he seems to protect the throat center.



The kidney reflect to the bones, so strengthening the kidney will assist healing the fracture as well, and help release the shock to the system from the fall and injury.

The initial plan Reduce pain and swelling and effects from the accident, facilitate healing of the fracture.

Treatment – first session Thursday 17th December 2015\ 40 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: The first treatment I just kept my hand lightly on the injury and treated BL67 and GB44 as these meridians run right through the area of injury. During this I had him tell me about the circumstance of the accident. Lots of stabs of pain. At this point it was not clear yet, what exactly was broken, whether upper or lower ankle joints were involved, so I also treated the ankle just with resonance on the ankle. Resonance to base and on ankle to release shock.

Next time: Same, help to dissipate the hematoma and reduce pain.

Treatment – second session Friday 18th December 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: No change, it hurts!

Treatment: Started with first on lightly then off injury to BL67 and GB44 on right foot with injury. Next I treated BL62 to BL66 and GB43 for a while and finally GB41 belt channel and then GB34 to off injury. The ankle is red and blue, swollen and painful, he still is using ice 10 min per hour to reduce the swelling, cannot walk on this foot. Finally some resonance to base and on injury.

Treatment – third session Saturday 19th December 2015\ 50 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 change, still hurts slight reduction of swelling.

Treatment: Basically stayed with same treatment, first on then off. Started with first on lightly then off injury to BL67 and GB44 on right foot with injury. Next I treated BL62 to BL66 and GB43 for a while and finally GB41 belt channel and then GB34 to off injury. The ankle is red and blue, swollen and painful – some more resonance to base and on injury.

Next time: stay local till pain and swelling recedes.



Treatment – fourth session Sunday 20th December 2015\ 45 min

Feedback is no change, there is still blue hematoma around the lateral right malleolus

Treatment: During this treatment I first kept one hand on injury and then off, to the other hand first at GB44 and BL67, then GB43 to BL66, then on injury to GB41, then to GB34. Next I did 2 times magnetism technique to pull out the congestion and coagulated blood. Next I did GB34 to GB43+44. At this position client reported he really felt a streaming sensation through the area

Treatment – fifth session Monday 21st December 2015\ 75 min

Feedback is slight improvement, less swelling but still black and blue around malleolus and outside edge of the foot.

Treatment: First I did GB41 on both sides. He can walk now with slight weight on injury for 2-3 minutes.

I do 30 minutes on injury to first GB 43 to BL 66, then to GB44 to BL67.

Then about 30 min both sides LIV3, ending just a few min GB41 to GB34. I chose again these points because they are right in line with the injury. He gets restless on the LIV3 point, I feel stabs of pain.

Treatment – sixth session Tuesday 21st December 2015\ 60 min

Feedback no major change

Treatment: For 30 min first both GB41 then LIV3 both sides. Client falls asleep at LIV3 points. Then again injury to right foot GB44 and BL67, then GB43 and BL66.

Then again injury to GB34 and then to GB44 on right foot only

In the end, I did BL62 yang heel to BL67

Treatment – seventh session Wednesday 30th December 2015\ 45 min

Feedback still using crutches, but walking around much better.

Treatment: On injury to GB44 to BL67, then to GB43 to BL66. Closing GB41 to GB34, then 2 times magnetism. Coloring on injury slowly normalizing.

Treatment – eight session Friday January 1st 2016\ 60 min

Feedback Generally I can sense much more flow of energy on the right foot now than on the left, so I decide to treat the uninjured, left foot today as the compensation for the injury causes strain on the uninjured foot and leg.

Treatment: Start with GB41 on both sides. Then briefly for 10 minutes, I do the right, injured foot GB41 point to GB44 and then to GB34. Then I spend about double that time on the left foot. This results in the energy flow in both feet being more equalized.



Treatment – ninth session Saturday January 23rd 2016\ 75 min

Feedback Much better, swelling is down, client can walk with the walker boot, still painful to wear regular shoe on the injured foot, as the top of the shoe rubs right on the fracture.

Treatment: Liver flush, then injured right foot GB41 to K1 and GB41 to GB44. Client gets a bit restless and starts to crack his knuckles during the liver flush. Calms down in the balancing and grounding stage and when I did the points.

Result/ How it was resolved

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

After the last session the treatment was concluded. When he had a follow up x ray the physician was actually surprised how well the fracture healed and how fast. The client told me months later that there are no problems whatsoever from this fracture, he can walk and run with no pain, as if it never happened.