



Case: 5 [neck pains migranes], 62, Female

Start January 31st 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. Retired accountant, partnered, has 2 adult children from previous marriage. Financially secure, slim build. One of her hobbies is her therapy dog, a collie which she has trained herself. She visits a sick children hospital ward and veteran hospitals with the dog regularly.

complaint Has pain and muscle spasms and restricted movement in upper neck area due to scar tissue and bone fragments, caused by several operations in cranial vertebrae, as well as fascia adhesions in the area of neck. The disks in this area have been flattened/crushed.

Other complaints are restricted movement of the neck, numbness of both arms and hands, as well as frequent, debilitating Migraine headaches with nausea, light sensitivity, where even her own heartbeat hurt her, every couple of weeks, but when they come on, the medication she takes for that works.

Triggers for the migraines are extensive movement, or walking, moving the head, as well as stress.

health issues and history

Told me that before the neck there was an operation at her rhs rotator cuff.

In the neck operations she received 3 plates with 12 screws at the front/body side of the spine between C4 to C7, and 2 rods with 8 screws at the back/outside of the same neck area. Cause for these ops according to the attending physicians is degenerative disk disease. The disks in this area have been flattened/crushed.

In Jan. 2003 the disks in the cranial section of the spine were pushed to the side causing pain and restricted movements and she had to have the operation. At that time she was the managing payroll accountant in charge of a 360 Million payroll, working 8 hours a day with a cocked neck talking on the phone, working 3 computer screens. Initially states that she loved the work, especially with the people.

She is not working now, on disability.

Doctors: I know from other sources, that client recently had kidney stones treated. See, if she brings this up, would indicate bladder/kidney link

Current treatment: Right now she receives treatments of repeated cortisone injections, as well as a method to 'freeze' the nerves, which really helps with her pain but isn't a long term cure.

Just the week before our session she had left side neck nerves frozen, and right to be done next Fri



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?

It seems to me client is repressing all emotions and only experiences them via her body. Since I know a bit about the family, I know that she was at least mentally, perhaps also physically or even sexually abused as a child. My feeling is that her emotions are put away somewhere and that only by being physically ill can she allow herself to relax or even to feel, even though it is only to feel pain. It also seems that she has a habit of allowing injury to herself even though she is very intelligent and understands that she is doing it.

Interestingly, she has a dog and the dog is sick as well at the time of these sessions, already since weeks she has diarrhea, and can't eat, due to a vaccination shot, but my impression is, that this dog reflects the stress her owner is currently going through.

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?

Her last main job was control of a payroll system, so I sense that binah center and C7 are congested from control and holding. The letting go of her meaningful job probably affects her as well. Retiring might be a quite unsettling experience, so fear and survival might reflect to the kidney problems she has been having

From the migraine headaches I expect that GB and stomach meridians are blocked. However, I think the dominant emotion is guilt and shame from her difficult childhood, that she blames herself and thus punishes herself.

The initial plan Primary goal is to relieve the continuous, debilitating pain and restriction in movement. I need to first get a range of pain/restriction and I took some photos, ask if most pain is with nod, lateral twist or head turn (sternocleidomastoid muscle).

I would approach her problem as a standard neck problem. Starting with her sitting up, scanning while talking to her, all the finger meridian entry/exit points and ST, GB, KI, BL, LIV and SP divergent hand channels at the finger tips with resonance to C7, to get an idea, which meridian is at the root of her problem.

Based on her complaints and personality, I would expect to focus on GV and SI3, GB, TH, BL meridians

I would also treat the wrist gates TH5 to PC6 for the numbness of arm and hands, and do resonance to the throat (check shame, humiliation, anger) and back of the heart.

Due to the fascial adhesion in the neck I would treat the PC8 palm points and resonance to the neck and areas of pain until the adhesions let go and flow restores to the scarred areas.



Treatment – first session Sunday January 31st 2016\ 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: The neck movement were all restricted to a minimum, neck turner, nod, lat. Twist barely possible at all. Took photos

She has a head ache since about 3 days.

Since the nerves were 'frozen' on the left, I started on the right, checking TH, GB div, SI, P8 lao gong, PC, and BL divergent hand exit points with resonance off C7 while talking about how this problem started. The strongest reaction was at the GB divergent, but the most electric wire was at TH, so that's where I stayed longest. Feeling at C7 painful. She had some sensations at C7 but no pain.

She told me that she actually never liked her work, except the people, and at this point she felt a sharp stabbing pain that actually brought tears to her eyes.. The BL point at thumb was almost numb. I stopped and asked here to move the neck and it was a little more range, more to the left.

After I went to do TH on lhs to C7 but this was too strong, as after a while her temple started pulsing, so I stopped the C7 point and just treated the TH1 point, which was absolutely crazy, whirling, stabbing, electric wire. I also treated the brow to occiput double pass each time the pulsing started, which helped with the head ache.

She has some nerve damage at the ulna on the lhs and she felt that up to elbow and to pit of shoulder. After some time I added the C7 point again, and it was much less painful. After some time again there was pulsing up into the forehead and temple area and after a little more at TH1 I stopped, and did K1 which she also strongly felt.

She told me she has a fused bone situation on her left foot from a car accident, so the K1 points on the rhs was flipping, and much more dead at the lhs. Did earth point, grounding, and raking to finish.

The last set of photos was taken and we looked at them together, it's amazing how much more range she had after the treatment.

Told her to be gentle with the neck, and that it would take about 5-10 treatments to make a permanent improvement.

Next time: First complete C7, no TH, and throat double pass. Then TH1 to C7, then do only BL 67 If centers are totally blocked, clear them first, then BL

Note: as homework give her next time inner smile and to learn how to take care of herself.

Treatment – second session \ 90 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: We started treatment by doing IS together, which helped her relax. She had a severe headache again and asked to get rid of it. Again took photos before and after, much improvement in range of neck. She had been taking care of grandson and carrying him around a lot. Also lots of stress due to a legal issue/settlement with regard to her disability.

We talked again about her really taking it easy after a treatment, as else the injury would not heal properly but go deeper into the body. Carrying around a baby for hours does not represent taking it easy, and she realizes this.

Treatment: I started with just C7 and it was very painful at first, stayed there for about 15 min, then added throat. At the start suddenly she reported the feeling of a square of pain at the neck, and then it subsided and the headache was suddenly less. We talked about the properties of throat/neck, sharing and love and structure. I explained how holding affects the neck and feelings of expressing oneself affect the throat even shame/humiliation/anger. She mentioned that due to her terrible childhood she does not allow herself to feel any anger, only in extreme situations.

After about 30 min upper double pass, I did TH1 to C7, but after a short time the pounding feeling in the temples came back, so again I stopped. I tried the BL divergent at thumb to C7 but again this seemed to be too strong/intensive.

Went back to C7 and throat for about 15 min.

Then I did BL67 on the left, since this neck and headache also seems to be bladder related.

She had a car accident and her left heel was shattered, is fused now, no flex movement possible.

She did not feel anything at the BL67 point, foot is numb. At the end of the session, the headache mostly was gone.

Homework: I suggested inner smile and learn how to take care of herself. It does not seem likely that she actually does 3 months of inner smile as I asked her.

Next time: No next time planned, as I am travelling back to Europe.

Result/ How it was resolved

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

2 days after the sessions I received this note, and I was very happy that a lasting effect remained:

“Honestly, I couldn't have done it without your treatment. I KNOW I'm supposed to take it easy and so I put my car in the garage for the next two days! (I'm not leaving here and resting :). Seriously though, my headache was gone after the treatment and hasn't come back yet! I also don't feel as much pressure at the base of my skull - even after all the walking yesterday which is remarkable.”

My feeling, however, is that this client needs a lot more sessions to make a lasting difference, since many issues seem to have piled up. It is my clear impression that client seems to punish herself with her actions, as apparently she keeps hurting herself with what she does, causing and maintaining her various health complaints.