

Case: 6 [lower back pains and walking problems], 70, male

Start January 11th 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 70 year old African American male, divorced, one teenage daughter. Has been a professional American Football player, Master's degree in social work, is about good 20 kg overweight. Worked many years as a social worker for the American military specializing in PTSD, post-traumatic stress disorder, is also a Therapist.

complaint . -Pain in the back **around L5**, diagnosed with lumbar spondylosis (=osteoarthritis of spine, degeneration of spine) in the back as well as other areas. He thinks his athletic career in his youth is the cause of his joint problems and arthritis. The back issue started about 15 years ago gradually. One year ago he missed a step and had a fall, walking to car. Since then the pain is much more. No particular incident around that event, was in a rush to go to a meeting. Weather strongly affects the pain, and long sitting causes pain as well. Can't walk more than about 50 feet. He was told to have the 'arthritis gene'. His colon has been checked and it's fine (Shu point BL25/ LI is around L5). Pain if flare up is about 7.5 of 10.

health issues and history

- Recurring sinus infections, rhinitis, and allergy episodes since about 10 years
- Both knees** were replaced, 15-17 years ago left, 6 years ago the right, healed fine, no problems
- Both hips** were replaced, 10 years ago on the left, 11 years ago on the right
- stomach/digestive/reflux problems, has a hiatus hernia at the end of the esophagus
- Herpes simplex flare up, several over many years since late 70ies caused Corneal ulcer on left eye, very weak vision on that eye. Last flare-up just before retirement 2 years ago. Right now added bacterial infection; he gets cortisone in a lens directly into the eye.
- Sudden onset of high blood pressure in a group which he led, 1990, 220/120, hospital, now under control with medication.
- also has glaucoma and dry eye condition

Doctors: Many. His health insurance in the US has been very good as he worked for the military.

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?

There is no one particular story to his many complaints. With him I believe there is an underlying attitude of being treated unfairly. Since there are a number of stories where he was treated unfairly it seems to me that he is holding on to all these experiences of being hurt, not being able to let them go and not being able to forgive, thus somehow hurting himself.



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 believe there is quite a bit holding and blockage in the heart.

The combination of sinus/rhinitis/allergy symptoms implying Lung/metal weakness, with the pain around L5/BL25 which is large intestine Shu point, the yang lung partner. Also, the LI is up/down partner with the stomach, reflecting to the knees. The weakness in metal and lung also might be resulting in the structural weakness of the vertebrae and major joints knee and hips. It seems metal is weak here so treating the metal point on the LI meridian might be good at some point.

I feel the main blockage is also the spleen/stomach system, reflecting to his reflux problems and knees. He has so many stories that he does not or cannot let go.

The double pass at throat and C7 and the prana pranic field for breathing are blocked, as is the lower double pass navel to hod, as well as the belt channel and the apana pranic field

The initial plan

First, clear GB41 belt channel and do resonance to the base as hips, knees, back are all affected by belt channel and base.

Try to relieve the pain by treating on both sides the GB43 to BL66 points

Since the pain is around L4/5 treat the center of the heel point on both feet.

Next I would clear the GV at SI3 to C7, and to BL62 the yang motility, due to the eye problems he is having on the left cornea.

Next I would treat the LI1 point at both hands and check the BL25 LI back Shu point and clear these, as well as check the SI Shu point at BL27/S1 vertebrae. I would also check and clear the ST25 front mu points of the LI and clear the triangle of action Ming Men to navel.

It seems that Ming Men might be congested, as this person takes high blood pressure medication.

Skype to do initial talk – Monday January 11th 2016\ 30 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?

I did a Skype with him first to get complaint and medical history and background.

Treatment – first session Friday January 15th , 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: First did 5 min K1's to relax him after travelling here to see me. Did GB41 on the rhs 25 min, to navel, to base, to GB organ. Client fell asleep very quickly (within about 2 min) and he stayed basically asleep the whole treatment. I felt most reaction at GB organ t GB41, I felt heat, and spot was very electric and only at the end started to spin and move together.



Next did GB41 lhs which was much more congested than the right. On the left he has this problem with his eye. Stayed again about 25 min here, mainly balanced it to navel. At the end started to spin slightly, but needs more work!

Did a few min. to both center heel points. During the treatment the feet reacted/twitched to the GB41 spots.

Treatment – second session Friday January 15th , 2016 afternoon\ 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: After the morning session he feels much more relaxed, no change otherwise

Treatment: I had him lying on his right side and did left GB30 to GB41, just to activate the leg, but did it only a few minutes, then went to location of injury at the back between Ming men to L4/L5 to GB41, which is where he fell on as well. Back feels painful!

Next I did SI3 to BL62, both on the left, since I could not reach to do across the body, but both were again electric, but slower pulsing.

Then I treated SI19 back gates. He mentioned after that he felt the spots pulsing. I felt them very electric, need more work, just wanted to feel, because he had mentioned that he has also pain at C7

At the end again a few min. at K1s, to which he really relaxed again.

Next time: My feeling is, also based on conversations I had with him, that he has been holding on in general, and to a lot of grief (metal, C7) causing some of the problems, but probably these came after the back problems, so the back might impact the metal?

He complains about suffering from being too hot and too cold a lot, and very weather susceptible so the TH is clearly involved, perhaps from congestion of the GB

Main problem with his backache and immobility is located around the LI back shu points L4/L5 so perhaps treat again the GV=SI3 /yang linking BL62, across body to clear spine, and GB41's to TH5's for back and eye problems, and the LI4 to C7 , LIV-3 to back would be good

Treatment – third session Saturday January 16th 2016 \ 90 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 sitting up I did SI3 to C7 on the left, then right, then C7 to Throat, while talking about the issues around the back and holding on. It turns out the holding is not grief but a lot of anger about a work situation before retirement.

The eye problems occurred around this time, with the trouble at work.



A lot of holding issues came up and he really felt some release of energy. The SI3 were both very electric, pain in both hands at C7 and Throat. Again more congested on the left.

Next we went to the table and client fell into a deep slumber right away through the session.

I did LI4 to navel, both sides, but here the rhs was more active, electric wire. I hope this releases the navel/hod double pass some more, as well as the metal element

Lastly I did both sides BL66 to GB43 to just release more on the back issues and also here the rhs was more electric, left side kind of dead, but twitching on both feet .

K1's to finish, earth points, raking

Next time: If he comes back for treatments, I would treat TH5 to GB41, as he complains about suffering from being too hot and too cold a lot, and very weather susceptible – this seems to be metal element as well. Shen Tao to TH1 and TH5

Result/ How it was resolved

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

The client stated that he felt the sessions were quite intense, and that a lot happened. I cautioned him to take it easy for a few days.

The feedback from him was that even though in the last session he was sleeping, he felt a lot issues were worked on, in particular about holding issues.

Talked on phone day after the session, he felt fine. He did not mention any change on the back problems, which is what I treated, but perhaps the informal release will improve the back and walking problems.

To be seen if any long term results, but my advice was to him that it would take 8-10 sessions to make a permanent difference.

Subsequently client had to have the ulcerated cornea replaced, the operation went well. Just recently he had another operation on the back. I do not know how it went or if the operation improved his back.