

Case: 7 [broken radius head elbow left side], 47, male

Start February 21st 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 Patient, married, has broken left hand radius head in a fall while stepping back in a parking lot onto a curb. Patient is married, was going shopping. The fracture was cooled and immobilized in sling at first. This bone has never been broken before. He works in computer programming and thus uses his hands a lot.

complaint pain and bursitis, walnut size swelling at fracture on left elbow

health issues and history Slightly overweight, life style is sedentary, no sports or fitness, otherwise healthy, no drugs, alcohol, or medication involved. Often problems with sleeping through the night, wakes up between 3 am and 5 am, Liver and lung times.

Doctors: X-ray shows that the head of the radius is fractured, but no soft tissue, nerves, tendons, etc are injured. The wrist also hurts but is not injured; just jammed somehow. The blood from the fracture fills the joint capsule and causes pain, plus bursitis. Patient has a clay bandage for a few days which reduced the swelling and pain a bit. He has to wear an open cast for a few weeks.

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 seems to be the feeling of helplessness about his life situation which may contribute to the accident and broken bone. He expresses the feelings of being stuck in situation, not being able to make a decision. There is no emotional story otherwise

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 injury seems to be right along the TH meridian. It seems that the heart and the kidney organs are weak and at the start of treatment under shock from the accident. Look at pericardium as TH partner. Patient is extremely sensitive at C7, can hardly bear to be touched there. This C7 center is definitely blocked and thus affecting yang meridians, in particular the TH impacted here.

The initial plan Decrease pain and work on all meridians of the arm, mainly the yang meridians run through the site of the fracture



Treatment – first session Friday February 12th 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?

Feedback The swelling and bursitis hurts a lot, so does the wrist, which got also shocked in the fall. He wears the arm in a sling, has to be driven to session as he cannot drive. Fracture happened just this week.

Treatment: Did LU7 and LI4 to injury, then hold wrist to injury. Also treated LU1 to LU21 because wrist and shoulder also hurts, treated LI1 to connect the flow. Patient feels nothing but the pain in the injury. I feel pain around the fracture and swelling and at the neck C7

Next time: Check all finger end points, do wrist gates

Treatment – second session Monday February 15th 2016\ 75 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?

Feedback not much improvement

Treatment: First did K1s to increase kidney flow, K3s. Then did pulsing to both kidneys. He still feels kind of in shock from the injury and fall. For the rest of the session did TH5 and PC6 to injury while talking about the fall

Next time: Check finger end points

Treatment – third session Wednesday February 17th 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?

Feedback mainly bursitis hurts, arm stays mostly immobilized

Treatment: Treated off bursitis to all left hand finger end points. At GB divergent he gets agitated. The LI, LU, GB div. points are electric. Patient does not feel much besides the injury.

Next time: do same thing again, perhaps liver flush

Treatment – fourth session Thursday February 18th 2016\ 75 min

Feedback unchanged

Treatment: First did liver flush and balanced liver to throat. Some congestion, some stabs of pain but no major sensations or events during the treatment. Patient mostly asleep, he got a bit restless near the end, explained wood energy and that this is an expected effect. Hopefully liver flush helps heal



tendons and bands around fracture, as they also hurt. For the remainder of session did just resonance on injury.

Next time: Perhaps lymph drainage to reduce the bursitis

Treatment – fifth session Sunday February 21st 2016\ 75 min

Feedback bursitis slowly getting better. Patient was feeling energetic and clear in his head after the liver flush

Treatment: Did lymph drainage with focus on left arm to increase flow of lymph and decrease size of the bursitis which presses on the bone and tissue and causes pain. Patient falls asleep. I feel around the injury more congestion.

Treatment – sixth session August 21st 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?

Feedback The broken arm healed quickly and the bursitis disappeared also quite fast. No more sessions, patient went back to working out with weights with that arm after about 3-4 months. Now he comes back because still the arm is not perfectly healed. The doctors said initially that this might take up to a year to completely heal...

Treatment: First did all end points of left arm to injury again. Still, the TH finger is most sore. Next did the TH5 to injury and right away a sharp pain went into my fingers and hands at the injury, the TH5 is just sore. The pain dissipated after just a few minutes, but I stayed here for about 20 min, it started to move and synch after a while. Also did just a few minutes at TH3 to injury. Finally I did the P6 to TH5 gates and it felt like a strong pulling sensation. Client does not sense very much, fell asleep for a while. My feeling is that the kidney organ is weak, and thus does not supply enough energy to the TH and through the injury, making it difficult to self-heal.

Next time: Strengthen kidney and again points to injury. Address the pericardium

Treatment – seventh session Tuesday August 30th 2016\ 75 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: Arm ok, but still pain when extending and using it too much, even when walking and swinging the arms.

Treatment: First K1s and then K3 to stimulate and distribute kidney energy, linking to TH and for bone growth and health. Off injury I checked all finger end points, 3 spots on each finger of the left hand. Clearly, the ring finger has most tension at the moment. Then mainly treated off radius head



and injury to TH1, to TH3 and to TH5. Also did P6 to TH5 to get the yin and yang linking going, which started to move nicely. The pain at TH5 was much less than the last time and even the injury started to move at the end of the session. Briefly I connected TH1 to P6 and GB1 to TH23 – tension on these connection points, but patient got restless, so more perhaps next time.

Next time: Since the problem seems to be longer term, perhaps look at strange flows, connect TH5 to C7 as lots of yang channel issues, and GB41 to throat and definitely gall bladder tension, look at belt channel. Hope, this increases healing of elbow joint and tendons around it.

Result/ How it was resolved

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

Patient stated in a talk later, that the elbow is slowly getting better, has no more pain when walking and swinging the arms. He wants to wait with working out until completely pain free