

Case Study - Planter Fasciitis

The Person & Complaint

- Female, aged 44.
- Planter fasciitis in bottom of right foot. Also has pain in arch of right foot and right inner knee. Also has tightness in right groin area.
- Had a hysterectomy due to heavy bleeding throughout life.
- Also has endometriosis. Painful ovulation continues.
- Likes to go for morning walks before the kids wake up, but is finding it hard because of the planter fasciitis.

The Story & Emotions

- Primary care giver for two autistic children.
- A lot of frustration and anger at being responsible for needy children.

The Energetic System

- Liver system is congested causing pain.

Treatment – first session

- Treatment: LIV2 to LIV3 on RHS. Client could feel movement in gallbladder channel on RHS.

Treatment – second session

- Outcome from last session (1 week ago): Pain in foot and inner thigh is better. Only symptom currently is pain in inner right knee.
- Treatment: LIV2 and LIV3 until felt clear and client could no longer feel pain in knee. Client could feel movement in right outer leg again (GB). Treated on tendon underneath foot depending on where was sparky for practitioner and where client could feel the tension. At the end of the session client's pain in knee was gone and tightness in bottom of foot was reduced significantly.

Result / How it was resolved

Client's planter fasciitis, tightness in groin area and discomfort in right knee was treated so that client could go for morning walks.