

Case: Post Cancer Surgery Pain, 58 y.o. female

The Person & Complaint:

- Client is being seen for pain that she has had following treatment for esophageal cancer. The pain is located on her left side and in her back in her lower ribs. It has been present since after the surgery. The surgery involved cutting out the cancer and removing a portion of her esophagus and she was also told they had to “pull her stomach up.”
- The pain is always aching and can get to a 9 and be very sharp at times. Sometimes it hurts so bad she vomits. Also, sometimes she has diarrhea. Since the surgery she cannot eat a lot at a time because she will feel full and sometimes will puke. This happens mostly in the evenings, if she eats near bedtime and lays down it will come back up. She also sometimes feels pain when she breaths. She only takes Advil for the pain when need be.
- She had no issues with pain pre-cancer treatment and surgery.
- Other issues: she had frozen shoulders after the cancer surgery, first on her right side and then on the left. Doing physical therapy did help to relax her shoulders and resolve that issue. However, she still does get some shoulder pain in the back. Her physical therapist told her that her back muscles are tight. Since the treatment she says she does not have much hair on her left side on her leg or armpit. She can also get random aches and pains that happen in her shoulder or in the front of her knee mostly, but can show up in other areas too.
- The client is 58 years old and has been married for almost 30 years. She has 3 adult children and several grandchildren. She loves being a grandma. She does not work but sometimes helps out with her brother’s son who has down syndrome, and gets paid for that, and also sometimes helps with her daughter and her daughter’s daycare kids.

The Story & Emotions:

- She had esophageal cancer 3 years ago and underwent treatments for about a year.
- During her cancer treatment, she said she had a pretty good outlook. She said she never felt scared for losing her life, and the experience wasn’t terrible. She felt like the worst thing was after the surgery when she had to get the trach out and also when she did chemo. Despite, her saying she had a good outlook, when I asked her specifically what it was like for her when she found out she had cancer she got emotional and teared up talking about her experience of hearing the news for the first time with her husband.
- Her husband and family were supportive during the whole process. Her husband still goes to her check-up appointments with her.
- She is up-beat to talk to and really has a lot of joy for her grandchildren. She laughs when she talks about them. She is very close to her daughter and family in-general seems very important to her, a cornerstone in her life.

The Energetic System:

- Physically she has a shorter esophagus and her stomach is moved higher up in her body because they had to attach it higher up to the remainder of her esophagus because of this trauma in the body there is tension in the body acting as a block. There is tension being held in the affected organs and structures and tissues surrounding the area. There is tension affecting the energetic system as well including the stomach and spleen meridians.
- The pain in her lower back rib cage correlates to where the spleen organ is located and the spleen is in charge of holding the organs in their place and the place in the body where the stomach is held has been interfered with surgically, so both the spleen and stomach are a factor in the pain.
- Also, the location of pain on the side of the ribs indicates using GB34 for treatment as that is a classic point for intercostal pain. Also, the GB system is a good thing to look at anyway because of the tightness in the back, the fascia is not getting good flow and is not as elastic and flexible- more flow is needed in the GB system to help get flow to the fascia.
- Worry and emotional fear congest the navel which governs the stomach and spleen and these are natural emotions that come up when facing cancer. Although she said she had a good outlook, when the conversation went a bit deeper asking for the specifics of when she was first diagnosed, her underlying emotions surfaced through an emotional response of crying and admitting it was a hard experience.

Treatment – 1st Session:

- Today her pain is at a 3 at the start of the session.
- She pointed to the location of where her stomach was moved up in her body and then I scanned the area feeling with resonance as well, trying to confirm for accuracy. Where it felt the tightest to me is where I did resonance off of the stomach organ.
- I also did resonance to GB34 while doing resonance off of the stomach. The stomach was tight to start and then got achy and it did lighten a bit. GB34 was tight and achy and then just achy.
- I also wanted to feel how the stomach channel felt so I did the stomach muscle meridian under the center toes to ST41 on the left side of the body. At first it felt like there was a lot of flow from both but then ST41 got painful and tight and the ST MM buzzed and then got really tight. Both felt lighter after a while.
- Resonance to ST36 and to GB34. ST36 is really tight and very achy and GB34 is still achy.
- At the end of the visit the pain level is at a 1. Barely can feel it, she says.

Treatment – 2nd Session:

- Since the last visit the pain has been at a 1 or a 2 and she has been doing pretty good. At the start of the visit her pain level is at a 1. No sharpness to her pain at all in the last two weeks.
- I did resonance on GB34 and balanced bilaterally while I have an intern do resonance to on stomach organ and on spleen organ. GB34 points are achy to start, then they have some warmth but cycle back to ache.
- The intern reports that the stomach organ is warm and spleen is tight and prickly. Both felt warm and prickly together and then she said they were feeling good so I had her move off of both organs. At that point, she said it felt tighter but moved into feeling relaxed by the end.
- I actually stayed on GB34's the whole session. Near the end of our time it started to feel more balanced and the points were starting to circle.
- Near the end also had the intern do resonance off the navel center and while she was doing that the flow at GB34's seemed to get stronger.
- At the end of her session the client said she was at a zero for pain.

Treatment – 3rd Session:

- The client shares that she has been doing good. She had no pain at all for several days following the last session. But in the last week she has been having more pain up to a 3 or 4.
- Started with doing resonance on the spleen organ to off the navel center. Spleen was painful and then achy and navel was tight and had some pain too.
- Once resonance on the spleen felt lighter I moved off of the spleen organ. The navel had lightened as well but once I went off spleen it got tight again and cycled in and out of tightness. Off the spleen was very prickly for a long time and also tight. It cycled back and forth between those two sensations. After that there was a long span of time where both the spleen and navel felt good but then moved back into ache, both of them, and then again out of ache and felt calm and more open.
- Balanced bilaterally the SP3's. They felt tight to start with and had a slight ache. They relaxed in and out a couple cycles. At the end, they felt like they were flowing even and smooth and had been this way for quite a while.
- The client said about 20 minutes into today's session her pain was at a zero. It was still at a zero when she got off the table to leave.

Result:

- I had attempted contact two times following the client's last session but never got a response. However, months later I did run into a family member who had been with her during one of the client's sessions and was able to ask how she was doing with the pain. The family member said that she wasn't sure but that she never says anything about it bothering her anymore.