

Case 11: Recovery after Second Knee Replacement, MZ a 62yo Female.

The Person & Complaint

MZ is recovering from a left knee replacement which she had 10 days ago. Her right knee was replaced four months ago. MZ was interested to try AcuEnergetics after a slow recovery from her first surgery. MZ is well known to me being an outer family member.

MZ is currently divorced and living with her two dogs in a large house. After raising her 4 children MZ returned to teaching, becoming a senior teacher involved in student welfare and teacher support. MZ is now near retirement. In the last 3 years MZ has struggled with a new Principal at her school. Their relationship is acrimonious and MZ believes that the Principal wants her to leave the school. This has made MZ's last two years of teaching both difficult and unpleasant.

Physically

MZ's left knee is painful and swollen, while her right knee still aches.
Both ankles are swollen.
MZ is obese and has increased blood pressure but not diabetes.

The Story & Emotions

Most of MZ's story is known to me through the family network. When MZ did tell her stories to me it was about her school and she was angry, bitter and sarcastic. MZ is often angry at those around her and has a strong sense of right, wrong and justice.

MZ was divorced 5 years ago and while she has a reasonable relationship with her ex, she cannot stand his new wife [NW]. MZ supported NW through her own divorce 5 years previously and they became very close. MZ often shared family time with NW and she feels betrayed. The abuse of trust and friendship is unforgivable.

MZ has been betrayed by her husband, a friend she trusted and now the principal at her school. While MZ is articulate and mostly aware of her emotions, she struggles to express her emotions and resolve her sense of injustice.

The Energetic System

Long term issues with Wood have destabilised Earth resulting in the need and support of food. Weakness in Earth and relationship breakdowns have led to knee problems.
MZ is locked in her anger and her sense of right, and she cannot find forgiveness either for herself or those around her.

I expect: Sefira issues at Shen Tao, Chesed, Yesod, Hod and Netzach;
Nativa issues with Justice, The Hermit, The Hanged Man, The Star and The Moon;
Disconnection of the Knees Malkuth and Yesod;
and meridian issues with Liver, Gall Bladder, Stomach and Spleen.

I treated MZ at her home and on most occasions with her sitting in an open armchair.

Treatment Session 1

The right knee felt mildly achy, with mild blocks releasing over a few minutes.
The left knee was much achier, with phases of ache and release.
I treated the knee from the lateral and medial sides and then above and below.
When most of the ache had released I treated above the knee to off the heel which gradually connected.

Conclusion Session 1

MZ could feel things changing during her treatment.
The pain in her left knee was reduced and now mostly superior and lateral to the knee.

Session 2 (1 week)

Left knee much better. So much so that MZ had walked on it too much and her ankles were sore and swollen. The Physio asked her to use two crutches again as a consequence.

Treatment #2

Above and below the knee resolved more quickly and with gradual movement this time.
Similarly with the lateral and medial sides moved, resolved and connected.
Both ankles were quite achy but gradually opened and cleared.
KID1's were dull, tight and had little movement.

Conclusion #2

Two days later I got a text to say that MZ's ankles were much better.

Session 3 (1 week)

Left knee and both ankles were better in feeling and movement.

Treatment #3

KID1's gradually more open.
GB44's very tight but resolving to spurts of movement.
MZ felt some pain during this near Left GB40 to GB41.
SP1's were tight releasing to movement.
The left knee felt much better to me, however there was a continued feeling of fullness.

Session 4 (2 weeks)

MZ has to go back to work next week having run out of sick leave. If MZ cannot cope she will take long service leave.
We talked over what MZ wants from her sessions and she expressed the desire for maximum movement and function, as much of her pain had resolved.
On questioning, MZ was still using one slow release patch per day and some Oxycodone, this is much less than at the same time for the right knee and less than the doctors recommended.

Treatment #4

The right knee felt mostly open and connected quickly to Yesod.
The left knee felt full and was slower to open.
Connecting the left knee to Yesod released pain from both the knee and Yesod.
Left ankle on the sides and to off toes released a lot of tension. MZ also experienced pain near BL59 moving superiorly. As the pain resolved it radiated spirally up to SP9/LIV7

Session 5 (2 weeks)

As soon as MZ returned to work she was offered redundancy, effective in 15 weeks. The redundancy is not unwelcome but MZ is aware that her career in teaching is coming to an end. Despite her acceptance of redundancy, petty actions by the principal have made life harder at work. Rather than being supported after returning from surgery MZ has been rostered for extra yard duty.

Pain meds continue to reduce and MZ is now using Panadol and occasional Oxycodone.

Treatment #5

The left knee and ankle were significantly more swollen than their right counterparts.

Left knee medial and lateral sides were painful at first, resolving and balancing.

Similarly for above and below the left knee.

MZ reported that the ache above and medial to her knee increased and then dissipated.

MZ also noted movement through her knee and then down her Spleen channel.

Left Knee Cap [off] to Yesod: moderate ache resolved to movement.

Medial Left Knee [off] to Yesod: moderate ache resolved both for myself and MZ.

Proximal and Superior Left Knee to Yesod connected quickly.

Left Ankle medial and lateral sides showed mild ache before resolving.

Left Ankle [on] to KID1 and then Heal Point had gradual connection.

Conclusion #5

MZ described that both the left ankle and knee felt better; "as if a headache had been removed even though she had been unaware of the tension previously."

I recommended a Sacral Balance and suggested MZ may find this easier with a female AcuEnergetics student.

Session 6 (3 weeks)

MZ had the Sacral Balance and the report noted issues with Shen Tao, Binah, the inner thighs, the left hip and the sacrum.

Both knees continue to improve and are moving more freely than after the first surgery.

Continuing to reduce pain medications.

The left ankle has swollen slightly again.

MZ said she is choosing which fights to fight at work.

However she also feels the need to stand up to the principal and be an example to the younger female teachers. When she was a young teacher MZ had not been able to stand up for herself.

Treatment #6

Under left knee to above: under the knee was very painful.

Balanced under left knee to above the knee, the medial side, the lateral side, and then distally and proximally. The ache and pain gradually dissipated through this process.

MZ reported that the knee felt better everywhere except a small region on lateral superior aspect, proximal to the knee cap. I treated this region directly and then connected it to under the knee and Yesod. Significant pain was released. The region then felt better to both MZ and myself.

I finished with 20 minutes on the scar, doing resonance to either side of the scar.

Acute pain and electrical discharges were released along the whole scar.

The scar felt a lot better following treatment but was not clear of pain or electricity.

Conclusion #6

I checked the right knee gates for pain, SP9 and GB34 were the most painful.

Session 7 (5 weeks)

MZ needed a break due to lots of work and finishing up at school. MZ decided to use her holidays and long service leave so that she doesn't need to return to school after the school holidays.

Both knees feel good and MZ is really pleased to be gardening and walking freely.

Treatment #7

Right SP9 and left SP3 were painful until releasing.

Right SP6 to SP1.

Left SP9 to SP1.

ST45's.

Left ST45 to ST36

Left ST35 divergent to ST45 divergent.

Conclusion #7

I was happy with how the meridians and points felt.

Session 8 (3 weeks)

Busy and happy with both knees. MZ reports that while the knees are not perfect, she is mostly pain free and has more freedom of movement than she has had for a decade.

Treatment #8

Gall Bladder organ was tight and angry and took time to respond at all.

LIV1's.

LIV3's.

Left LIV1 to LIV8.

GB44's.

Right GB34 and ST36.

Left GB34 and ST36.

Conclusion #8

I was happy again with how the meridians and points opened and moved.

Session 9 (1 week)

MZ was happy with her knees which continue to improve.

MZ would like a session or two for her right shoulder which is noticeably sore now that her knees feel better. MZ now needs occasional Panadol.

Treatment #9

Gevurah was slow to respond.

Gevurah/Tiphereth slowly opened and connected.

Gevurah/Chesed opened and connected quickly.

Gevurah/Right LI1

Gevurah/Left LI1

Gevurah/Right LI15

Gevurah/Left LI15

Gall Bladder Organ was again very tight and angry, relaxing a little more this time.

Session 10 (1 week)

MZ felt her shoulder was a bit better and I sensed this would be her last session for a while.

I suggested that we should spend the bulk of the session on the Gall Bladder organ and meridians as they were the bigger issue.

Treatment #10

Gevurah was quicker to respond.
Gevurah/Tiphereth opened and connected.
Right LI1 to LI15 moved well and connected.

Gall Bladder Organ was still tight but less angry and gradually relaxing more.

KID1's opened quickly with only mild electricity.
GB44's: the right opened to the knee while the left remained tight.
Left GB44 to GB34 released a lot of ache at GB34 and at the head of the fibula until clearing.
Left GB44 to GB41 was electric until clearing.
MZ could now feel the channel from GB44 to the knee, although with a mild ache.

Conclusion #10

I discussed with MZ that it would be good to loosen the Gall Bladder organ occasionally as this caused problems for all her joints.

This was however MZ's last session.

Overall Conclusion

I was happy with the impact the sessions had on MZ's recovery and particularly on her need for pain medication.

I had little impact on the underlying causes of MZ's knee problems but MZ had no inclination to address these with me.