

Case: Shoulder Pain, 37 y.o. female

The Person & Complaint:

- 37 y.o. female having right shoulder pain that is located in the back of the arm to the shoulder blade. Constant dull ache. If she aggravates it, such as playing ball with her son, it gets worse. Also, can get aggravated with work. Has gotten progressively worse in the last 1 to 1.5 years.
- Married with 2 boys ages 9 and 3. Also, 2 dogs.
- Works in radiology and ultrasound as a technician.
- She cannot move her arm straight up she has to rotate it back, up, and then around. Can only raise it up in the front to a 45-degree angle.
- Rotator cuff issues and 1 to 1.5 years ago had rhomboid tear.
- Other issues: currently a sinus infection with congestion on the right; right wrist pain a year ago and got cortisone injections to eliminate; has had cysts in wrist in the past; occasional visual migraines in right eye.

The Story & Emotions:

- Has been working in radiology and ultrasound for 15 years. Likes her job and where she works. Content and upbeat about it. Expresses that the repetitive use of equipment has had some wear and tear on her body resulting in issues.
- Does not express any areas of life that are unsettled.
- No major life events around the time it started coming on.

The Energetic System:

- Where she indicates the line of pain is on the TH channel - congestion/weakness in that channel.
- Heart and throat centers connected to congestion of the right shoulder but no obvious indication of emotional block other than observing she seems upbeat and kind and may block expression/anger with over kindness. Inconclusive inference.

Treatment – 1st session:

- Had client demonstrate range of motion lifting arm straight up to a 45-degree angle where she then had to rotate back and come up and forward to reach higher.
- Resonance to TH1 on the right hand. Channel started with no movement and proceeded into ache. Client could feel ache running down her arm.
- End of visit: still some ache in the TH channel but feeling better. She could now raise her arm up to approximately a 75-degree angle and remarked it felt “completely different.”

Result:

- I had advised the client to come back in to continue working on opening the TH channel but the client did not return. I happened to bump into the client 6 months later and she shared that her shoulder pain had completely resolved as she raised it up to a 90-degree angle and then proceeded to circle it down behind her. She commented that she is currently having issues in her wrist and that she should come back in. I recommended for her to come in as well. No appointment made to date.