



Fracture in spine, female, 19

- works at a restaurant, serving and in the kitchen. Hobby horseback riding.
- Had fallen of a horse as it reared 4 days ago at a competition. Fracture in the Transverse process L4 left side, she can slowly walk with crutches, but its painful, also hard sleeping without moving and pain
- Lower back swollen, more now, when it first happen swelling was more local, whole lower back swollen now
- Very stiff neck at the front around St meridian

First Session

- Resonance on swollen area (to help getting the swelling down, couldn't even see spine from all the fluid) - sore, intern: heel point for L4-L5 LHS
- Client feels like the throat area gets tighter/stiffer, she also tells me she's been nauseous lately and hasn't really been eating, did the swollen back area to throat for a few minutes which loosened up the stiffness
- Scanned for L4, did resonance off (->felt very harsh pain) to end of coccyx on

Felt about the same for her getting off the table, I told her not to do anything to strenuous for the back and to rest and take it easy if it does start to feel better.

Second session

- Walked without crutches, no pain unless bending forward or to the sides but felt stiff, swelling gone down a lot, still swollen and sore at sacrum area (rather than L4). Tightness around buttocks on the left
- (All LHS:)

- Tender spot when pressing was by S1-2 and above actual fracture L3 ish, maybe even higher - Did them together on. Intern at Heel point first to gb44/bl66 then to BL60
- Client got tension/cramp in buttock (gb 30 area), I tried fracture to gb30 but that added tightness now in the front of the knee so decided to do:
- Intern: STmm first 2 points(under toes to st41), Me: hand over knee and GT/ buttock area and when that connected ->GT to lower back area. Very prickly and shaky and achy, client could feel left shoulder and pain in gb20 LHS, stayed till it felt better.
- She got up and was much looser in her walk and she said she had less pain. Walked faster and could lift leg higher

Third session

Walked much better again, only gets bit achy when she walks around for longer periods of time, so much smoother and more movement!!!

Swelling in sacral area and smaller again, could see and feel the spine again Bent forward till it hurt, didn't get too far till she could feel tightness and a stab (45degrees)

Has been feeling tightness in the throat area again

- Did L4, pushing in to get to the bone, burning hot plate feeling, when eased moved a little further down and same thing all the way down the spine, did that to coccyx. Intern: Bladder grounding point (heel end) - achy but eased off.
- Client started feeling tension in buttock area again (not as bad as last time) so held swollen area (sacrum) to buttocks - hot! • Intern: st 4's , achy esp left side

Bent forward again after session she was going further down than before, not quite half way but almost

Fourth session

- Walking like normal, no pain. She said she's back on the horse, but taking it easy. Also back at work, not lifting anything heavy.
- Can bend forward, back and sideways without pain, only a bit stiff bending forward. Appetite not as good as it used to be, still a bit fussy
Bit of a headache that started a couple of hours ago. Behind eye and across forehead and tight at gb20 and 21's
- Spinal meridian; L4 to in bb x burning at L4 and massive discharge at navel; stayed till calmed down and felt better
- Felt hod to throat, rush of nausea. Also stomach organ to throat/st 9's till it connected.
- Short hard massage at the end on shoulder, neck, head, big lumps at gb21's, she felt the headache ease off
- little bit of headache still as she got up but not as bad
- bending over not as tight anymore

Result

- She's pretty much back to normal after 5 weeks, back riding and working