

Case: Shaking left hand male 42

The person and the complaint

The client is finding it difficult to type at work.

He reports some RSI type symptoms.

Whilst observing holding a cup of tea I got him to alternate fingers and shake was most pronounced when holding index and little finger.

Client was upset after the death of his mother 3 years ago.

Work was stressful. There was always a lot to do. He regularly puts himself under pressure.

The Energetic system

The index finger is the Large Intestine. meridian. This is affected by stressful and pressurised situations. AND issues of letting go.

The little finger is a combination of the heart and small Int meridians and may well have suffered after the loss of his mother but iboth are definitely affected by stress.

Treatment

1. Back of heart on. Painful. Client talked about mother.
2. Back of heart on. Back of heart off.
3. Back of heart to SI 1 and Heart to Ht 9.

During the session I checked for any change in the shake by getting him to hold the mug. There was a slow but steady reduction in the shake.

Resolution

I received a text from him at the end of the day that he'd noticed a definite improvement in hs typing - minimal shake. And can hold a cup of tea quite comfortably.