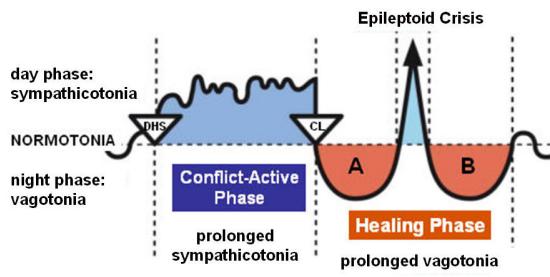




## CASE STUDY # 10

**DATE:** March 2011

**CLIENT:** 58 year old right-handed male



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**Subjective Complaint:** Left knee pain on the inside of the knee. Client reports that the knee has been bad for about one week with occasional swelling. He states that he woke up last Wednesday morning with knee pain and could not walk without limping.

**Observation:** Client presented with a slight limp favouring the left knee. The knee was observed to be slightly swollen. He also had moderately limited flexion in the left knee. The client also had tenderness to palpation around the left knee musculature and tendons.

**Organs Affected:** Muscles, tendons of the left knee  
Embryonic Germ Layer: new mesoderm  
Brain Control Center: cerebral medulla

**GNM Explanation:** Knee: self-devaluation conflict regarding performance (“not as fast or as strong as I can be”) causing necrosis of striated musculature on the left knee. The meaning of this Biological Special Program (SBS) is to strengthen the musculature to improve performance. The client is currently in **phase A of healing** or possibly in a **hanging healing** as he reports that the knee pain has lingered for a week now, with some days being worse than others, causing more limping. His original conflict must be identified and brought to his awareness in order to make sure it is fully resolved, so that the SBS program can finish and complete the healing.

The fact that the **left knee** is affected indicates that the conflict was experienced in relation to the client's mother or children

**GNM Understanding:** After discussing the conflict involved, the client reported that in January 2011 he had to do a series of heart tests. He indicates that in the past few weeks he has had to wear a heart monitor and was told by his family doctor to take it easy until the results from the heart tests came in (**his DHS**). The client is a very active and generally healthy individual. He reports that it was difficult for him to stop working out all together because of the heart monitor. Instead, he decided to decrease the intensity of his workouts. When asked to elaborate, he admitted that for example he normally would be using the elliptical cardio exercise machine at an intensity level of 7-8 but because of wearing the heart monitor, he was down to only a level 3 in the past few days, which he felt frustrated about. The client was then asked about the Tuesday night before his knee pain arrived. He reported that he decided to increase the intensity of the elliptical workout to a level 6-7, just to see how he would feel. He indicates that he felt great that night with no heart issues or no pain anywhere. The next morning he woke up with severe knee pain and swelling. It was



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explained that the client resolved his “performance conflict” on the Tuesday night as he was able to use the elliptical at his usual level of intensity without any problems. His body then entered into Phase A of healing, which includes pain, inflammation and swelling. He may be on a few tracks since the knee pain came about, with the pain itself being a potential track. He admitted that he is planning a 3-day golf vacation next week and was worried about how his knee would hold up.

When asked in what way his “performance conflict” relates to his mother/children, he said when he thought about getting in shape and staying healthy it's so that he can continue to provide for his children...that's why it affected the left knee (as a right-handed male).

**Results:** The client understood the explanation and was advised to connect the knee pain with healing. He was encouraged to give the knee time to heal and to not overdo it in the next few days. Manual soft tissue therapy and mobilization was performed on his “injured” knee and he was recommended to ice and elevate if the knee would get swollen. The client cancelled his follow-up appointment which was 4 days later. A follow-up phone call two weeks later revealed that his knee pain resolved two days after our session. He admits that after two days he was able to resume all of his normal activities. He states that he had a great golf vacation with no problems at all with his knees. He reports that he was also given the green light from his medical doctor and that there were no significant heart issues that came up from his heart monitor.

*For clarification of specific terms, visit the glossary or site search feature in our GNM website*

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