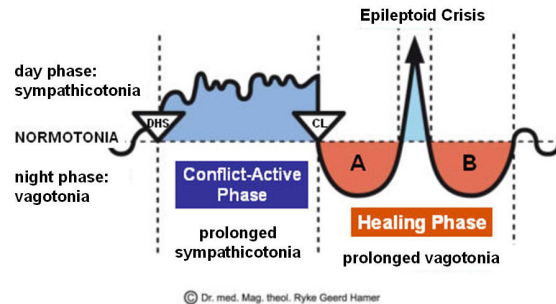




CASE STUDY # 32

DATE: August 2011

CLIENT: 40 year old right -handed male



Subjective Complaint: Right low back pain. Client reports that the right low back pain started at work yesterday while walking under a scaffold. He admits that he has worked in construction for over 15 years and has sometimes stayed crouched under scaffolds for several minutes with only mild low back pain and discomfort. He indicates that he can't understand why walking under a scaffold for a few seconds caused the extreme pain he is experiencing. He reports that he was in so much pain yesterday that he went for an acupuncture treatment which did not give him much relief. He has no history of chronic low back pain and also is unaware of doing anything at work yesterday that may have injured his low back.

Observation: Client was observed to have limited low back range of motion in extension and right rotation with pain. He presented with tightness and spasm of the right low back muscles as well as restricted spinal joint mobility. Orthopaedic tests performed were unremarkable and indicated no significant structural damage. He was very guarded in his movements in order to avoid any sharp pain.

Organs Affected: Right low back muscles, ligaments, joints

Embryonic Germ Layer: new mesoderm

Brain Control Center: cerebral medulla

GNM Explanation: Right Low back pain: self-devaluation conflict regarding lack of support in relation to a partner, causing necrosis of striated musculature during the **Conflict Active Phase**. The biological purpose of this Biological Special Program (SBS) is to strengthen the musculature to improve spinal support. The client is currently in **Phase A of Healing** which involves tissue restoration with accompanying swelling and pain. The original conflict must be identified and brought to his awareness in order to avoid a relapse and a possible chronic low back condition, and for the SBS program to be completed.

GNM Understanding: The client recognized that his conflict must be related to an incident that happened at work during the previous long weekend. He reports that he went to the worksite a couple of days ago and was shocked to find out that another supervisor came around to his worksite over the weekend without his boss giving him any notice (**his DHS**). He was especially upset because he has had a problem with that supervisor in the past. He relates that it is possible he viewed the incident as a "lack of support" from his own boss, hence affecting his right low back (partner side). The client revealed that first thing yesterday morning he had a meeting with his boss who explained why the other supervisor was there and why it was nothing to worry about. He now recalls that it was shortly after this meeting that he walked under the scaffold and his low back went into spasm.

Results: The client understood his SBS program and the fact that he was already in the **Healing Phase**. He was encouraged to make the emotional connection and to work on letting go of the incident in order to avoid potential triggers/ tracks while at work. Chiropractic treatment and soft tissue therapy was performed on his low back and he was recommended to rest and to use some ice if the pain persisted. He called to cancel his next appointment one week later as his low back began to feel better after a few days. He has not reported any re-aggravation of his low back symptoms 2 years later as we continue to see him for other health concerns.

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

Extracted from: www.LearningGNM.com