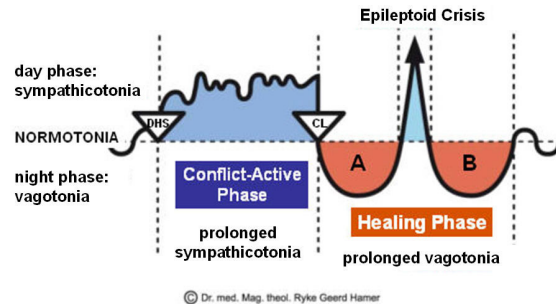




## CASE STUDY # 34

**DATE:** November 2011

**CLIENT:** 16 year old right -handed female



**Subjective Complaint: Right shoulder pain.** The client reports that she experienced right shoulder pain a few weeks ago while swimming. She indicates that she did not injure the shoulder, but that it has been bothering her ever since, mostly when she is swimming or playing volleyball. She reports that the pain can be as high as an 8/10 when it is aggravated. She states that x-rays of her right shoulder were negative.

**Observation:** The client presented with full range of motion in both shoulders with no pain during our assessment. Orthopaedic tests performed were unremarkable. She presented with mild trigger points in her right rotator cuff muscles and also had some joint restrictions in her cervical and thoracic spine.

**Organs Affected:**

**Right shoulder muscles, ligaments**

Embryonic Germ Layer: new mesoderm  
Brain Control Center: cerebral medulla

**GNM Explanation: Right shoulder pain: self-devaluation conflict regarding a relationship with a "partner" (loss of self-respect/ feeling guilty)** causing necrosis of striated musculature on the right shoulder during the **conflict active phase** and tissue restoration with pain in the **healing phase**. The biological purpose of this Biological Special Program (SBS) is to strengthen the shoulder musculature in order to improve the "relationship performance". The client is currently in a **hanging healing** with **tracks/ triggers**. Her original conflict must be identified and brought to her awareness in order for the SBS program to be completed.

**GNM Understanding:** The client recognized that her conflict must be related to the fact that she recently started getting tutored in school. However, she reports that a few months ago, her tutor mentioned to her that her mom was not too happy with the tutoring sessions because they have not been very productive (**her DHS**). The client was not sure why her tutor told her this during one of their sessions. She indicates that she began feeling stressed about going to the tutor because she didn't want to get involved between the tutor and her mom. This was her relationship self-devaluation or loss of self-respect.

She now recalls that in the last few weeks, she began to do better at school and that her mom began to feel that the tutoring sessions were paying off. This may have led to her resolution of the conflict and the subsequent shoulder pain. However, she associated the pain with her after-school activities of swimming and volleyball instead, which her body now reacts to as tracks/ triggers.

**Results:** The client understood the biological program and the fact that the original conflict was already in resolution. She was encouraged to make the emotional connection to the guilt regarding her tutor and to avoid any other potential self-devaluation of her shoulder whenever she played sports. Manual soft tissue therapy and chiropractic mobilization and adjustments were also performed.

In a follow up visit one week later, the client reported that she experienced no shoulder pain while swimming that week. She reported some mild popping and clicking in the right shoulder which was painless. She admitted that she had some shoulder pain while doing arm workouts in the gym but relates that it was a lot less painful than in the past. A follow-up phone call a few months later revealed that her right shoulder was pain free and that she was able to swim and play sports with no problems.

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

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