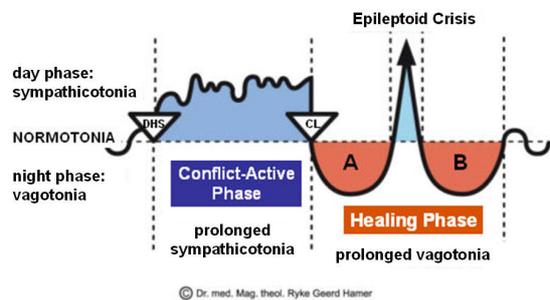


G N M CASE STUDY # 41

DATE: February, 2016

PATIENT: 31 year old right-handed male



Subjective Complaint: Client presented with **right low back pain**, which appeared a few days after an intense mixed martial arts training session. He reports that the symptoms seemed to come out of nowhere as he didn't recall injuring himself during the training session. He is aware of GNM and was wondering whether the back pain could be related to a conflict at his work. He admits that the back pain started after his first day working on a different construction project. Although there was more labour involved, he stated that he did not physically injure his back at work, but that he was "stressed" about working with a supervisor who he did not get along with in the past. He wondered if his back pain could be due to the "lack of support" from this supervisor. However, upon further questioning, he admitted that there was no actual conflict with this supervisor and that he applied to be part of this new project, knowing full well he would be working with this supervisor. When asked if his back pain started to improve after making the conscious connection, he replied that it did not.

Observation: Client was observed to have full range of motion in his low back with mild right low back pain at end range of right rotation. Palpation revealed tenderness and tightness of his lumbar paraspinal muscles and especially his right gluteus medius muscles. All other lumbar orthopedic tests were unremarkable. Chiropractic evaluation revealed full spine joint restrictions and myofascial trigger points in his low back muscles bilaterally.

Organs Affected: Right low back muscles, ligaments and joints:

Embryonic Germ Layer: new mesoderm

Brain Control Centre: cerebral medulla

GNM Explanation: Right low back muscular pain: moderate self-devaluation conflict regarding "lack of support", in relation to a partner. There is necrosis of the striated musculature of the low back during the **Conflict Active Phase**. The client is currently in **Phase A of Healing (PCL-A)** which involves tissue restoration with accompanying swelling and pain. The biological purpose of this Biological Special Program (SBS) is to strengthen the musculature to improve spinal support. Since he is already in healing, it's important for him to recognize the conflict (DHS) in order to avoid potential relapses or tracks.

GNM Understanding: Upon further elaboration and questioning, the client shared that he was very eager to get accepted to work on this new project, because it would mean that he would be moving up in the company. He believed that because of his experience and the fact that he followed all the right channels that getting this project would come with a promotion. However, he now realized that his lack of support came when his boss offered him the project but without a promotion (**his DHS**). He admits that he took some time to think about why he didn't get the promotion in the days leading up to working at the new construction site. He was able to come to terms with not getting the promotion and accept the fact that it was going to be a matter of time. He understood that his back pain came from his own expectations of what getting offered the new project would mean and that he was able to resolve the issue by the time he went to work on the new project, leading to his symptoms.

Full spine adjustments, muscle work, and general body balancing were performed to give him some relief. He was asked to return in one week if symptoms persisted.

Results: The client reported on a follow-up visit almost two months later that his back pain was relieved after the last visit. He no longer complained of any back pain and was coming in for other symptoms. Upon another visit 6 months later, he continued to have no pain in his low back.

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

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