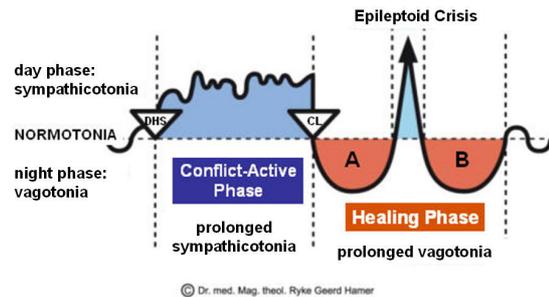




## CASE STUDY # 43

**DATE:** October 2014



**CLIENT:** 36 year old right-handed female with normal hormone status

**Subjective Complaint:** **Bilateral heel pain but worse on the left heel.** Client was diagnosed one year ago with **plantar fasciitis**. She reports having heel pain for almost a year and a half. She admits that the heel pain began when she was taking her son to preschool. It seemed to come out of nowhere, but progressively got worse. The client states that she feels really bad heel pain with any weight bearing activity and only gets some relief with staying off of her feet. She reports that she's tried many different treatments including physiotherapy, chiropractic and massage, which only gave her temporary relief. The client indicates that she also had 3 cortisone shots in her heels about a year ago with only temporary relief after the first 2 shots, but the third cortisone shot had no effect. She is also taking an anti-inflammatory medication which is not really working. She admits that the pain is so bad that it feels like a tendon is "ripping on her heel". An ultrasound was done last week and she was told that there's a large heel spur on her left heel and she was recommended to try shock therapy, where they would have to break the bone on her heel and hope that it would heal properly with no more pain. However, she has not done this therapy yet because she is going away on vacation in a couple of weeks and wanted to see if there was anything I could do as a last resort. She rates the heel pain as 7-8 out of 10 when she is walking on it and that it can be 10 out of 10 when the pain really bad. She explains that she is now getting really worried because she's also starting to get pain on her left knee.

**Observation:** Client was observed to be walking with only a slight limp favouring her left foot. There was no discolouration, abrasions, scars or edema observed in both feet and heels. She had full range of motion in both ankles with some pain at end range of plantar flexion and dorsi flexion in the left heel. There was tenderness to palpation of both anterior tubercles of the heel, with severe pain on her left heel. All other feet and ankle orthopaedic tests were unremarkable. Chiropractic examination revealed joint restrictions in her lumbar spine with myofascial trigger points.

**Organs Affected:** **Left heel (heel spur)**

Embryonic Germ Layer: new mesoderm

Brain Control Center: cerebral medulla

**GNM Explanation:** Left heel spur: severe self-devaluation conflict regarding performance ("can't perform a task like I used to, can't keep up, not as fast as I can be with regards to mother/ child") causing bone decalcification during the **Conflict Active Phase**. The biological purpose of this Biological Special Program (SBS) is to strengthen the heel to improve performance. During the **Healing Phase** recalcification of the bone takes place, which causes the heel spurs, swelling and pain. The client is currently in a **Hanging Healing** as she indicates having had heel pain for almost 15 months. Her original conflict must be identified and brought to her awareness in order for the SBS to be completed.

**GNM Understanding:** The client recognized that her conflict must be related to the birth of her second child. She admits that when her son was about 6 months old, things became very difficult for her, as he was more challenging to handle than her first child. She recalls having a lot of stress during that period of her life, as she felt unable to manage the two children as well as her own needs. She stated that a big issue for her a year and a half ago was the fact that she was unable to make it out to her Zumba classes any more (**her DHS**). The demands of her family made it difficult for her to make the time to attend her workouts, which she admits, really upset her because her class represented a refuge for her. The class was her time to herself, time to get back into shape and take care of her own needs. But she was no longer able to perform or participate in the class regularly due to the demands of having two children. This was especially unexpected because she was able to manage her daughter easily. She admits that perhaps her first episode of heel pain came the day after she made it out to a Zumba class for the first time in a while, causing a temporary resolution of her performance devaluation. However, the heel pain made it difficult for her to attend classes regularly, causing an ongoing devaluation. This could cause subsequent self-devaluation conflicts ("something's not right with my heel"), which leads to her chronic heel pain. The client was asked to make the connection that her heel pain is related to her "performance devaluation" of not being able to make time for herself and go to Zumba classes due to her family needs. However, she needed to remind herself that her son is now older and that she can slowly get back to making time for herself again. It was important for her to see that she is not in the same situation today as she was over a year ago. She needed to remind herself that her heel is trying to heal and that she would soon be able to perform all her activities again once the healing is complete. She was also asked to rest the heel and to use ice to minimize any inflammation and pain. Due to time restrictions, there was no chiropractic treatment provided during her consultation and she was asked to return the next week for a follow up.

**Results:** On her follow up visit one week later, she admitted that she had a 30-40% improvement in her heel pain for 2-3 days after our last session. She was very surprised since we did not actually physically treat her heel. She reported some heel pain coming back on the weekend but noted that the pain in the left heel was not that severe, maybe a 5 out of 10 and she didn't have to take any medications for it, which was a big deal. When questioned about why she thinks it flared up on that day, she answered that perhaps it had to do with planning for an upcoming family vacation next week. This was going to be the first vacation she's had in a while and she began to worry about not being able to enjoy it due to pain on her heels. She became fearful of imagining herself on a beach wearing flip flops and not being able to walk due to pain, therefore ruining her vacation. She was reminded of the importance of not devaluing her feet and her ability to perform

any activity especially during the trip. Speaking kindly to her feet was reiterated, especially if she felt some pain during her trip. We provided energy treatment and chiropractic alignment to her feet and spine during this visit.

On a second follow up one month later, the client reported that she felt a 90% improvement in her heel pain after our last visit. She stated that she enjoyed her vacation with no heel pain at all. She also decided to cancel the shock wave therapy after arriving back from her trip. However, she admits that she began to get some heel pain again the morning after attending a wedding, where she danced all night on bare feet. She admits that she understood the reason for the pain and didn't devalue herself or her feet and it started to feel better again. A few days later she began to have some pain again, which made her feel disheartened. She recognized that the reason for that flare up may have been her fear of not being able to bake for the holidays due to the long periods of standing involved. She decided not to do any baking this year, which made her devalue herself further, leading to more heel pain. She ended up having to take medication to settle the pain. She was reminded of why her flare ups occur - that the heel is trying to heal but she continues to devalue her ability to perform activities that involve her feet. She was asked to work on being more flexible about her own expectations for herself, that her heel needed some time to heal but that she would be able to get back to doing things again once the healing was complete. Her goal was to recognize the reason for the flare ups and to rest and allow the healing to be completed without getting upset with herself.

Upon a third and fourth follow up, she continued to show steady improvement without much pain in her heel anymore. She was able to get back to working out again and continues to work on her mindset when she does feel some pain. She was now able to put the heel issues behind her and has been coming in for help on other symptoms.

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

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