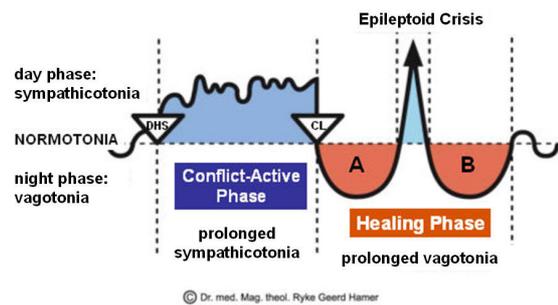




CASE STUDY 66

DATE: October 2017

CLIENT: 58 year old right-handed female



Subjective Complaint: The client presented with **right ankle pain** on the top and outside of her foot. She reports that she has had the pain for about a year and a half. She rates the pain as 10 out of 10 when it is really bad (on a scale of 1-10 with 10 being severe pain). She reports that the pain was the worst when it first showed up, in the summer of her wedding. However, during our visit she rates the ankle pain as a 5-6/10. The client states that there was no mechanism of injury for her ankle. She indicates that the ankle pain is constant and daily with the pain being worse in the afternoons when she gets home from work. She admits that she has tried various treatments including, cortisone shots, medications, acupuncture, chiropractic and massage therapy, but only to have mild, temporary relief. She also indicated that she was starting to worry that she would not be able to enjoy an upcoming vacation due to her chronic ankle pain.

Observation: The client was not observed to be limping. Knee and ankle ranges of motion were within normal range with mild pain on the right ankle at end range of dorsi flexion. All other orthopedic tests for the ankle and knee were negative. Palpation revealed mild tenderness on the ligaments located on the outside of her right ankle.

Organs Affected: Right ankle ligaments:

Embryonic Germ Layer: new mesoderm

Brain Control Centre: cerebral medulla

GNM Explanation: Right ankle ligaments: a light self-devaluation conflict regarding performance, in relation to a partner, and can be experienced as “**not being able to kick someone away**”. This leads to tissue loss (necrosis) of the soft tissues/ligaments in the ankle during the **Conflict Active Phase**. During the **Healing Phase**, the tissue loss is replenished leading to inflammation and pain. The biological purpose of this Biological Special Program (SBS) is to strengthen the ligaments of the ankle to improve future physical performance so she can be strong enough to “kick someone away”. The client is currently in **a hanging healing with tracks/triggers**. Her original conflict (DHS) must be identified and brought to her awareness in order for the SBS to be completed.

GNM Understanding: The client understood the explanation and originally thought that her DHS was related to contractors that caused a lot of problems and delays during renovations of her home. She thought it was them that she wanted to “kick away” from her home, which she resolved when the renovations were finally completed around the time of her wedding. However, during our one week follow-up visit, she did not have any relief from her ankle symptoms. We decided to search for a different potential conflict.

During this second visit, we determined that her conflict may be related to her husband's cats. She indicates that she loves the cats, but when they moved in together that summer, she did not realize how much work was involved in cleaning up after the cats. To make matters worse, she also learned that one of her grandsons was "allergic" to the cats. This meant that in order for her grandchildren to come and visit, she would have to clean up and disinfect the entire home, and keep the cats in one room. She admits that it became very stressful for her to clean up the cat's hair and hairballs, and to get rid of the smell of the cats. She also knew that her daughter would not feel comfortable visiting if she was not able to keep the house cleaned up and the cats put away (**her DHS**).

She was asked to make the connection that her ankle pain is related to wanting to "kick away" the cats, so that her grandkids could visit her. It was also important for her to not continue to devalue herself by thinking she has a "bad ankle/foot". She needed to tell herself that she can perform everything she wants to do (i.e. dance, work out, and go for walks), and that her ankle was healing and getting stronger. Finally it was important to address her concerns about the cats and her grandkids. She needed to see that in fact she has been able to manage looking after the cats and that her love and affection for them and her excitement in seeing her grandkids, negates the work involved in maintaining the home. She was asked to remind herself that it was safe to have the cats around and to keep them in one room when the grandkids visited. General balancing techniques and chiropractic adjustments were also provided. She was asked to do another follow-up visit in one week's time.

Results: On her follow-up visit 3 weeks later, she reported significant improvement in her ankle pain. She admits that the pain started to subside within one week of our last visit and that her ankle was now 100% improved. She indicates that she experienced no pain at all during her vacation and that she even ran regularly on the treadmill without any problems. She was asked to monitor her symptoms for any flare ups and to be on the lookout for any tracks or triggers.

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

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