

Case study by Dr. Alvin De Leon



CASE: 21

DATE: December 2011

CLIENT: 11 year old right-handed male



Subjective Complaint: The client presented with **bilateral heel pain** which is worse when he gets up in the morning or anytime he gets up from sitting for long periods like getting out of the car. He rates the pain as a 7-8/10. He reports that the pain started around April or May 2011. He reports that he was diagnosed with enthesitis, which is “an inflammation of the tendon and ligament insertion into the bone occasionally causing fibrosis or calcification”. He was given Naproxen for his pain but decided to stop taking it due to the side effects he experienced. He was told he may have to live with the pain.

Observation: All orthopedic tests performed were unremarkable with the exception of heel pain with walking on his heels. He also had tenderness to palpation of both heels at the Achilles insertion. However, there was no swelling or inflammation of the Achilles insertion evident.

Organs Affected: Achilles tendon insertion of both feet

Embryonic germ layer: new mesoderm

Brain control center: cerebral medulla

GNM Explanation: Achilles tendon of both feet: light self-devaluation conflict regarding his performance (“unable to keep up”, “not fast enough”, “can’t perform like he used to”) causing necrosis of the tendons during the **Conflict-Active Phase**. During the **Healing Phase** there is refilling of the necrosis which is often painful. The biological meaning is to strengthen the tendons in order to perform the task better than before. The client is currently in a **Hanging Healing**. He will need to revisit the original conflict and identify his **tracks** in order to complete the Biological Special Program.

GNM Understanding: The client understood the explanation and recognized that his conflict is related to hockey. He indicated that in previous years he was playing AA hockey and was often called up to play AAA hockey which was the highest level he could play in. However, he tried out last season for a team and didn’t make the cut. He was actually demoted to the A level and was told that he just wasn’t aggressive enough to compete at the higher levels (**his DHS**). He eventually left hockey altogether and by last spring decided to compete in go-kart racing. He reports that he did very well as a novice racer and by last April/May he moved up to the most competitive division, which resolved his light performance conflict. He is currently in a Hanging Healing as he may now be putting on extra pressure on himself to perform well at the highest level of go-karting. He will need to relate his heel pain to his past performance in hockey and will have to work on observing his current tracks in order to complete the Biological Special Program. It will also be beneficial for him to understand that once he is able to acknowledge and move on from his past hockey career, his heel pain should slowly disappear.

Results: During a follow-up visit one week later, the client reported a significant improvement with his heel pain. He indicated that he has had only mild heel pain when he got up from sitting after playing a hockey video game. Otherwise he reported no pain when getting up in the morning. A second follow-up two weeks later indicated that he was now symptom free with regards to his heel pain. About one month later, his mother was in the office and she mentioned that he no longer has any heel pain and has been competing at a high level with his go-karting.

For clarification of specific terms, please consult the English “Five Biological Laws” document

Source: www.LearningGNM.com