

# Case study by Dr. Alvin De Leon



**CASE:** 60

**DATE:** June 2017

**CLIENT:** 52 year old right-handed female



**Subjective Complaint:** The client presents with chronic **right hip pain** for the last year and a half. She indicates that she also had some low back pain around the same time, but with physio and massage treatments, her low back pain is now improved, but there has been no change with her hip pain. She does not recall a mechanism of injury that caused her hip pain. She admits that her pain is aggravated with prolonged sitting or standing and also with any heavy lifting or carrying. She states that she works on her feet all day and wonders whether her hip pain may be related to her work. When asked about what gives her relief, she reports getting only temporary relief when she sleeps or is lying down. Otherwise, she indicates that the pain has been constant and chronic for the last year and a half.

**Observation:** The client was observed to be slightly limping favouring her right hip. She needed support from the arm rest of the chair to get up from sitting due to her hip pain. She presented with full hip range of motion with pain on the right hip at end range of abduction and forward flexion. Lumbar ranges of motion were within normal limits with mild pain at end range of extension and left lateral bending. All other orthopaedic tests were negative with the exception of FABERE's test which was positive for pain in her right hip. Chiropractic evaluation and palpation revealed multiple joint restrictions in her lumbar spine and sacro-iliac joints. Mild trigger points were also noted in both gluteus medius muscles.

**Organs Affected:** Right hip joint and muscles

**Embryonic germ layer:** new mesoderm

**Brain control center:** cerebral medulla

**GNM Explanation:** Right hip joint and muscles: moderate self-devaluation conflict experienced as **"this is too much to carry"** in relation to a partner. This Biological Special Program causes muscle tissue loss (necrosis) of the striated muscles in the hips 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 is to strengthen the hip joint muscles so it can be strong enough to "carry the weight" in the future. The client is currently in a **Hanging Healing** with **tracks** and triggers, as the pain intensity fluctuates regularly. The original conflict and her tracks must be identified and brought to her awareness in order to complete the healing.

**GNM Understanding:** The client understood the explanation and recognized that the conflict is related to her separation from her spouse about two years ago. She indicates that it was an amicable split, but that her spouse promised to find a stable job in order to help her financially with her children. She reports that she was shocked a year and a half ago when her spouse still did not have work that provided a stable income for the family (**her DHS**). She admits that she had to bear the weight of the financial burden on her own. She related that her spouse would have temporary, odd jobs that perhaps put her into healing temporarily, but that the work was never reliable or a stable source of income to support the family. She states that things were very stressful for a while last year, especially before her spouse started to work. The client reports that her spouse is now currently working full time, but that it is a seasonal job.

She was asked to connect her hip pain to the financial responsibility that she had to bear last year when her spouse was not working at all. It was also recommended that she work on changing her perspective of their financial situation – that they are both currently working and that things are not financially dire at the moment. She indicated that things were a lot better now financially, and that they were able to manage. Chiropractic treatment was also provided.

**Results:** During a follow-up visit one week later, she reported a significant change in her symptoms. She claims that the hip pain started to improve within a few days after our last visit and that she feels an overall improvement of 90% in her hip pain. She reports that she was actually involved in a minor car accident a few days ago, but that she is fine and suffered no injuries. She was reminded to continue to monitor her tracks until the Biological Special Program is completely resolved.

A second follow-up visit, one month later revealed continued improvement in her hips. She reported not having any issues with her hip pain any longer and was coming in to address different symptoms.

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

**Source:** [www.LearningGNM.com](http://www.LearningGNM.com)