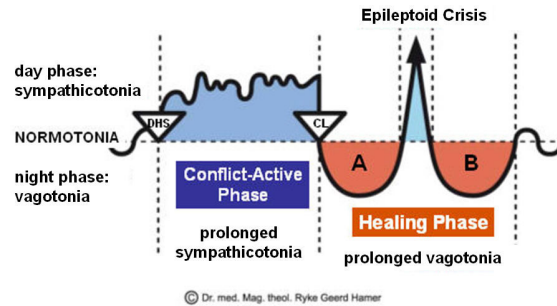




CASE STUDY # 30

DATE: February 2012

CLIENT: 39 year old right-handed male



Subjective Complaint: Client presented with **right knee and right heel pain**. He reports that the pain started around June 2011 and that he ended up getting x-rays for the heel pain as it was very painful. The x-rays showed no heel spurs and he was put on anti-inflammatory medications. He reports that the pain is better now maybe 2-3/10 but was as bad as a 9/10 initially. He says the pain started to subside in November, but that he still has pain at night and when he is on his feet for long periods. He indicates that in the past two weeks he is no longer limping as he was just laid off of work which is probably why it is not as painful as it used to be because he is no longer on his feet all day.

Observation: Client was not observed to be limping. Knee and ankle range of motion were within normal range with some right knee pain at full flexion. All other orthopedic tests for ankle and knee were negative. Palpation revealed trigger points in his right quadriceps muscle and joint restrictions in his hips.

Organs Affected: **Right knee and heel:**

Embryonic Germ Layer: new mesoderm

Brain Control Centre: cerebral medulla

GNM Explanation: **right knee and heel pain: self-devaluation conflict regarding physical performance, e.g. "not fast enough; can't keep up; can't physically perform like I used to", in relation to a partner**, causing tissue loss (necrosis) of the soft tissues in the knee and heel during the **conflict active phase**. Pain occurs in the **healing phase** when the tissue loss is replenished. Currently in healing as the pain appears to be already subsiding in the last few weeks. However, in order to avoid any tracks, it is important to identify the original conflict to make sure healing can be completed.

GNM Understanding: The client understood the explanation and recognized that the conflict was related to his work. He reports that he was on modified duties due to a work related accident in 2010. He indicates that in May 2011, a particular foreman he was working for did not like him for some reason, and attempted to get him fired by making false accusations about his ability to perform his job. This particular foreman caused the client a lot of stress as he began to document

his performance stating false claims that he was not co-operative and too slow at doing his job (**his DHS**). The client reports that his union became involved in the process which enabled him to work with a different foreman in November. However, he admits that he was just recently laid off which may actually be a blessing as he can finally close the issue, i.e. complete the Biological Special Program (SBS). General balancing techniques and chiropractic adjustments were also provided.

Results: One week later he reported no knee or heel pain for the past week. In a follow-up email 8 months later he continues to report no knee or heel pain whatsoever.

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

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