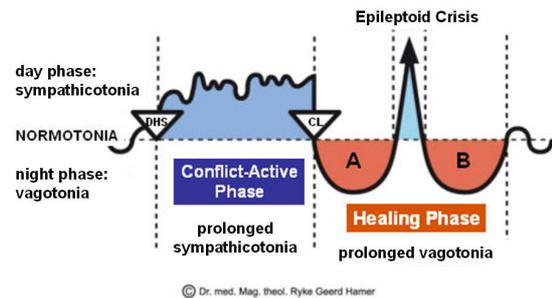


**G N M CASE STUDY # 45**

**DATE:** December 2012

**CLIENT:** 13 year old right-handed female



**Subjective Complaint:** Really bad **tailbone pain** for the last week. The client indicates that the pain began while sitting at a church assembly for her school. She reports that she did not injure her tailbone or fall on it in any way. She states that it has been very difficult and painful for her to sit for any extended period of time, which has made sitting in school very challenging. However, she was surprised that she had no pain while playing soccer on the weekend, and she even played as a goalie. She admits that the moment she sits in the car on the way home from soccer, and even laying down at night, leads to her tailbone pain. She reports that just sitting in the clinic office is starting to cause some pain, which caused her to stand up during our consultation.

**Observation:** Client presented with normal gait. She was observed to have full pain free range of motion in her lumbar spine and both hips. All other orthopaedic tests performed for the hip and lumbar spine were negative. However, she did complain of pain while laying down supine during our examination. Chiropractic evaluation and palpation revealed multiple joint restrictions in her lumbar spine and sacro-iliac joints. She also presented with tenderness upon palpation of both ischial tuberosities (sit bones), indicating the real issue is not with the tailbone/coccyx but with the ischial tuberosity.

**Organs Affected: Ischial bones (sit bones):**  
 Embryonic Germ Layer: new mesoderm  
 Brain Control Centre: cerebral medulla

**GNM Explanation: Ischial bones: severe self-devaluation conflict regarding an inability to “possess” something (or an inability to “sit on” something we want to possess in order to secure it).** This Biological Special Program (SBS) causes bone loss or decalcification (osteolysis) of the ischial bones (sit bones) during the **Conflict Active Phase**. During the **Healing Phase** the bone loss is replenished with recalcification, leading to inflammation and pain. The biological purpose of this Biological Special Program (SBS) is to strengthen the sitting bones so they can be strong enough to secure the thing we want to “possess” in the future. The client is currently in the Healing Phase with potential **tracks** and triggers, as the pain fluctuates depending on activity. 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 must be related to a boy in her class who she likes. She reports that some of her classmates and maybe even the boy (the one she wants to “possess”), are all aware of her interest in him. However, she was surprised a few weeks ago when despite everyone knowing her feelings for the boy; he began to spend a lot of time with another girl in the school (**her DHS**). She admits she was very upset about it as she felt the boy was purposely ignoring her or avoiding her. However, during the church assembly for her school, he finally spoke to her directly, which made her realize he has in fact been watching her and paying attention to her as well. This could have been when she went into healing as she resolved the original conflict. The client was encouraged to make the emotional connection between her tailbone/sitting bone pain and her inability to “possess” this boy that she liked in her school. Her mother, who was present during our session was surprised to hear her daughter’s conflict, but was very supportive in helping her deal with her current relationship issues. General balancing techniques and chiropractic adjustments were also provided. She was asked to do a follow up visit in one week especially if the symptoms persisted.

**Results:** In a follow-up phone call to the mother one week later, she indicated that her daughter’s tailbone pain is now gone. She admits that they cancelled their follow up visit because her daughter felt a lot better, about 90% improvement, within two days of our last session. The mother also reported that they had a nice conversation about relationships in general and how to handle disappointment and rejection. She was happy with her daughter’s results and relates that the issue at school has been resolved for now.

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

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