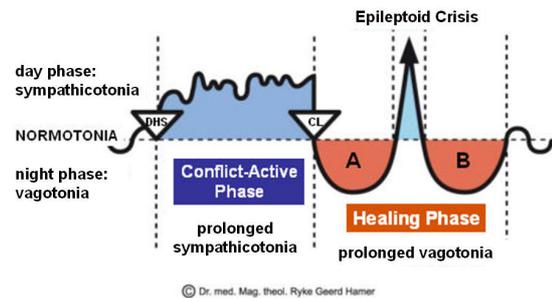




CASE STUDY # 46

DATE: February 2012

CLIENT: 40 year old left-handed female



Subjective Complaint: Severe **neck and upper back pain** that started last week while on a vacation cruise. The client admits that the pain was a 10/10 (with 10 being severe pain) last week. She indicates that the pain was so bad she didn't think she could handle it anymore. Today she reports that the neck is not as bad, maybe a 3-4/10, but yesterday it was a 10/10 again and she was not able to sleep at all last night even after taking pain killers. She states that today she no longer has any headaches, but that she still has some mild dizziness and head pain. She points out that the pain is affecting both sides of the neck and head. She indicates that the pain has been constant and daily, with today feeling the most comfortable since the pain began.

Observation: Client presented with mildly decreased cervical range of motion in left and right rotations and also in right lateral bend. She indicated pain on both sides of her neck with all end ranges of motion. All orthopaedic and neurologic tests performed for her neck and upper back were unremarkable. Chiropractic evaluation and palpation revealed multiple joint restrictions in her cervical and thoracic spine. She also presented with tenderness upon palpation of her cervical muscles, with myofascial trigger points in the sub-occipitals, levator scapulae and upper trapezius muscles.

Organs Affected: **Neck and upper back muscles and joints on both sides:**

Embryonic Germ Layer: new mesoderm
Brain Control Centre: cerebral medulla

GNM Explanation: **Neck and upper back muscles: moderate intellectual self-devaluation conflict** experienced as “**having failed an intellectual task**” or “**fear of making a mistake**”. This Biological Special Program (SBS) causes muscle tissue loss (necrosis) of the striated musculature in the neck and upper back 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 neck muscles so they can be strong enough to handle another intellectual task in the future. The client is currently in a **Hanging Healing** with potential **tracks** and triggers. The original conflict must be identified and brought to her awareness in order for her to complete the healing.

GNM Understanding: The client understood the explanation and recognized that the conflict must be related to her current job. She reports that she started working at her current job for the past year and that it is a highly stressful environment. She indicates that a few weeks ago during a meeting, the owner informed the employees that any mistakes or errors in collecting and counting money would be the responsibility of the person who made the mistake (**her DHS**). She admits this dramatically increased her stress at work and that she hated her job even more. She states that not only was she stressed about the work environment, now she had to constantly worry about making sure she didn't make a mistake regarding her cash balances at the end of the day. She reports constantly talking to her husband about how long she could handle working at her job. According to the client, the cruise last week represented the first time in years that she went away on a vacation. I explained to her that the vacation also represented a temporary resolution of her work conflict, leading to her neck and upper back symptoms, as she temporarily entered the healing phase. She was asked to make the connection that her neck and upper back symptoms are related to her "fear of making a mistake" at work. She was also advised to change her perspective regarding her work environment. Perhaps she can look at this job as a stepping stone to something better, that it was not her career or final job. By minimizing the importance she places on her job, maybe she can minimize her fears about making a mistake and she can resolve her conflict. 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 visit one week later, the client reported immediate improvement in her neck and head pain after our last visit. She admits she slept better that night and that she has not taken any pain medications since our last visit. She did, however, state that she still gets some neck pain when she sneezes, but that's the only time she feels anything. Chiropractic treatment and general balancing techniques were provided as she was reminded to continue to work on changing her overall perspective about her current job.

During a second follow-up visit one week later, she indicated no longer having any neck issues or pain and was actually complaining about other symptoms. She admits she has been able to relax about work and that she now looks at her work situation very differently. She has since been treated for other complaints and continues to have no more neck and upper back pain.

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

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