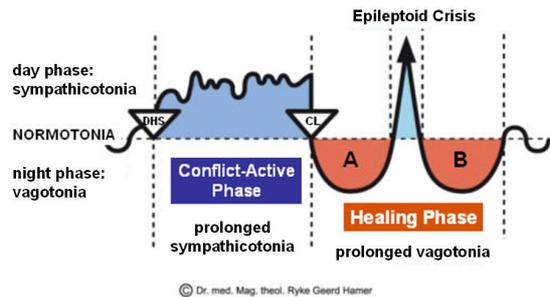




## CASE STUDY 82

**DATE:** June 2018

**CLIENT:** 28 year old right-handed female



**Subjective Complaint:** The client presented with a recent episode of **right low back pain**. She reports that she woke up 4 days ago with severe pain that she rates as a 9 out of 10 on a scale of 1-10 with 10 being excruciating pain. She indicates that the pain starts to subside as she stretches and gets going with her day. She admits that the pain is less intense during the day which allows her to go to work. However, every morning she wakes up with the intense pain on the right low back. She does not recall any mechanism of injury. She states that she has been using ice and stretching to get some relief. The patient admits that today is probably the best her low back has felt, but still rates the pain this morning as a 7 out of 10.

**Observation:** The client was observed to be walking with some discomfort but was able to sit during the entire consultation. Lumbar range of motion was painful at end range of flexion and extension with mild restriction in forward flexion. All other lumbar orthopedic tests performed were unremarkable. Palpation revealed tenderness and tightness of her right lumbar paraspinal muscles and right gluteus medius muscles. Chiropractic evaluation revealed full spine joint restrictions and myofascial trigger points in her low back muscles bilaterally.

**Organs Affected:** **Right low back muscles, ligaments and joints:**

Embryonic Germ Layer: new mesoderm

Brain Control Centre: cerebral medulla

**GNM Explanation:** **Right low back muscular pain: moderate self-devaluation conflict** experienced as a “**lack of support**”, in relation to a partner. This Biological Special Program (SBS) causes muscle tissue loss (necrosis) of the striated musculature of the low back during the **Conflict Active Phase**. During the **Healing Phase**, the tissue loss is replenished leading to inflammation and pain. The biological purpose of the Biological Special Program is to strengthen the muscles of the low back to improve spinal support. The client is currently in a **Hanging Healing** with potential tracks and triggers. The original conflict must be identified and brought to her awareness for her to complete the healing phase.

**GNM Understanding:** The client understood the GNM explanation and realized that her conflict might be related to the one year anniversary of her dog’s death, which was Tuesday night. She recalls taking the time to post a compilation of photos related to her dog on her social media account that evening, to honour him. She indicates that soon after her post, comments, likes and direct messages of support quickly flooded her social media account. However, by the end of the night, she was surprised that she did not get any recognition or comments from her

cousin, who is often the first one to support her posts, especially when it comes to her dog (**her DHS**). She may have temporarily resolved the issue as she went to bed that night, causing her to have low back pain the next morning. She continued to be puzzled at why her cousin did not make a comment at all regarding the anniversary of her dog's death. This could explain why her low back pain continued every morning when she would wake up. She would often check her social media account before bed and when she would wake up in the morning, which could be a track or trigger, reminding her of her cousin's "lack of support" regarding her post about her dog. She admits that perhaps this could also explain why she would get some pain during the day while at work, as she would often check her social media accounts during her break.

She was asked to make the connection that her low back pain is related to the unexpected lack of support from her cousin related to her social media post. She needed to be able to change her perspective of the situation to finally close the biological program and get relief from her pain. She was asked to see all the other ways her cousin supports her and why this recent episode did not define their relationship.

General balancing techniques and chiropractic treatments were also provided. She was asked to do a follow-up visit in one week.

**Results:** The client messaged me 5 days later to let me know that her back pain went away immediately after our visit. She reported that she did not wake up with the pain the next morning and has not had any back pain since. In a follow up text message two weeks later, she confirmed that she continues to be pain free.

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

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