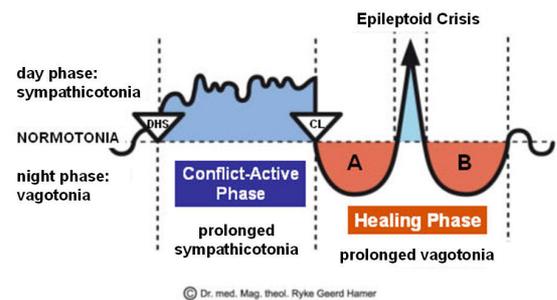




CASE STUDY 83

DATE: March 2015

CLIENT: 27 year old left-handed female



Subjective Complaint: The client presented with chronic **left low back pain**. She reports that she has always had some low back pain ever since she was in her late teens. She indicates that after all the diagnostic tests and blood work, she was eventually diagnosed with arthritis. She admits that her low back was generally feeling better until the last 2 years when it flared up again. She reports that her recent episode of left low back pain started around the fall season two years ago. She rates the pain as a 5 out of 10 on a scale of 1-10 with 10 being excruciating pain, but that it can be as high as an 8. She indicates that the pain seems to be worse at the end of the day while at work. She reports that the pain is usually better at night and in the morning when she first wakes up. She does not recall any mechanism of injury. She states that an MRI done a few months ago showed an inflammation of her lower spine.

Observation: The client was observed to be in no discomfort during our consultation. Lumbar range of motion was within normal limits and pain free. All lumbar orthopedic tests performed were unremarkable. Chiropractic evaluation revealed full spine joint restrictions and myofascial trigger points in her low back muscles bilaterally.

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

Embryonic Germ Layer: new mesoderm

Brain Control Centre: cerebral medulla

GNM Explanation: **Left 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 this 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 interview process she was going through a few years ago as she tried to get hired by the school board. She recalls having a very positive interview, but despite doing everything well, she was told by the principal that they would not be able to hire her because of a recent hiring freeze (**her DHS**). She reports that perhaps her symptoms showed up a few years

ago when she was finally hired to work full-time by the same principal. However, she may have a few tracks or triggers whenever there are any issues at her school, which could explain why her symptoms come and go and why the pain seems to be worse during the day.

She was asked to make the connection that her low back pain is related to the unexpected lack of support she perceived from the principal during her interview many months prior to being hired. She was recommended to change her perspective about the situation, especially since she is now working for the school board. She was also asked to pay attention to any tracks or triggers that may cause a flare up of her back pain.

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

Results: The client returned for a follow up visit 3 weeks later and reported an 80% improvement of her low back pain. She reported a couple of flare ups but was now aware of her perception of “feeling unsupported” by her co-workers and partner as her potential triggers/tracks. She returned for another visit one month later and reported having no low back pain since our last visit. She was now interested in understanding the GNM perspective of other symptoms.

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

Extracted from: www.LearningGNM.com