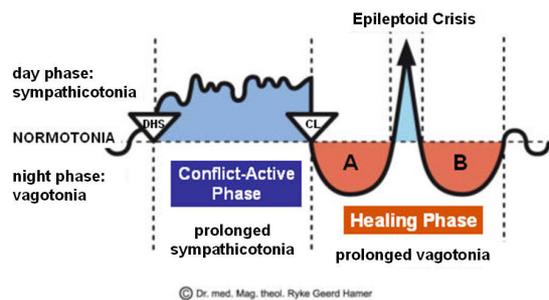




## CASE STUDY 84

**DATE:** June 2018

**PATIENT:** 55 year old right-handed male



**Subjective Complaint:** The client has been coming to the clinic for many years and has experienced the benefits of GNM with several symptoms. On this visit he presented with **left shoulder pain** that started about two months ago. He explains that he did not have a physical trauma and that there was no mechanism of injury. He describes the pain as an achy pain at the top of his left shoulder which has limited his movement of the shoulder. He reports that the pain is now constant and daily but that it feels worse at night while going to bed. He admits that it sometimes wakes him up when he turns onto his left shoulder. The client is certain that there is an emotional component or conflict shock related to his shoulder pain and would like help in identifying it.

**Observation:** Cervical range of motion indicated mild restriction in all ranges of motion with mild neck pain at all end ranges. Shoulder range of motion revealed mild restriction on the left shoulder with forward flexion, abduction, external rotation and internal rotation. He also reported pain at the top of the left shoulder with all restricted movements. Palpation revealed tenderness and pain on his left rotator cuff muscles (supraspinatus and infraspinatus) and his cervical paraspinal muscles. Shoulder and cervical orthopaedic examinations performed were unremarkable. Chiropractic evaluation revealed full spine joint restrictions and myofascial trigger points in his neck muscles.

**Organs Affected:** **Left shoulder muscles and ligaments:**

Embryonic Germ Layer: new mesoderm

Brain Control Centre: cerebral medulla

**GNM Explanation:** **Left shoulder muscles: moderate self-devaluation conflict regarding a relationship with a “mother/child”, experienced as “a loss of self-respect”, or “feeling guilty”.** There is necrosis of the striated musculature of the left shoulder during the **Conflict Active Phase**, with tissue restoration and accompanying swelling and pain in the **Healing Phase**. The biological purpose of this Biological Special Program (SBS) is to strengthen the shoulder musculature to improve future “relationship performance”. The client is currently in **a hanging healing with tracks/triggers**. His original conflict (DHS) must be identified and brought to his awareness in order for the SBS to be completed.

**GNM Understanding:** The client recognized that his conflict must be related to his daughter who was upset with him and recently cut off all contact with him just over 2 months ago (**his DHS**). He indicates that she did not give him a reason for doing it and has not replied to any of the phone calls or text messages he has sent her. He thinks she may be still be upset about his recent divorce from her mother but does not understand why she suddenly does not want to talk to him when things were

going well between them prior to 2 months ago. He reports that he constantly thinks about her and that he feels bad that their relationship has turned sour. The client now recognizes that at night before bed is when he tries to contact and text his daughter to figure out what went wrong with the relationship and what he needs to do to fix it. This could explain why his shoulder pain seems to be worse at night.

The client was asked to make the connection that his left shoulder pain could be related to the feelings of guilt related to his relationship with his daughter. It was recommended that he work on changing his perspective of the situation, that perhaps he needs to give her daughter some space to figure things out in her life. It is also important for him to realize that this incident does not define his relationship with his daughter. He was also advised about the importance of avoiding further “self-devaluation conflicts”, by thinking there’s “something wrong” with his left shoulder and to slowly start using it again like normal.

Chiropractic adjustments, muscle work, and general body balancing were performed to give him some relief. He was asked to do a follow-up visit within one week.

**Results:** The client reported on a follow-up visit one week later, that his shoulder pain was 75% improved. He admits that he had no pain in the shoulder after our last session and that he was sleeping well at night because he decided to stop texting his daughter and give her some space. The client indicates that last Friday his shoulder pain flared up again while having dinner with family and friends who brought up the issue around his daughter again. However, he is working on changing his perspective about the situation and why it’s not personal and how it may make their relationship stronger in the long run.

The client had another follow-up visit one week later and reported a significant improvement with his shoulder. He admitted that he no longer feels any shoulder pain at all and that it is 100% improved. He reported that he was pleasantly surprised when his daughter actually texted him to wish him a Happy Father’s Day.

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

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