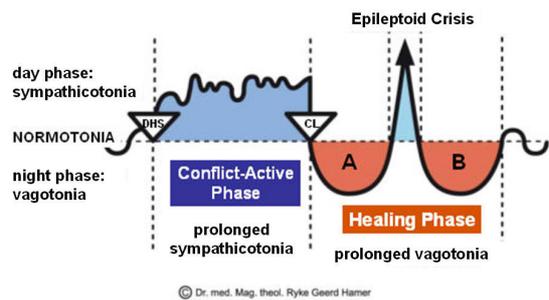




CASE STUDY 86

DATE: July 2018

CLIENT: 52 year old right-handed male



Subjective Complaint: The client presented with **chronic upper back and neck pain** for the last 4-5 years. He reports that the upper back and neck pain is centrally located but that it often feels worse on the right side. He indicates that the pain came out of nowhere and that there was no physical injury. He admits that the pain is constant every day and that it seems to be worse during the day when he is working. He states that standing too long seems to make it worse and that he can get some temporary relief with laying down or resting. He rates the pain as a 6-7 out of 10 normally, but that it can get as bad as a 9 out of 10 when it is severe (on a scale of 1-10 with 10 being severe pain). The client indicates that his pain does not affect his sleep, and that the longest period of relief he has felt in 5 years was about one week total. He describes the pain as a stiff neck and claims that he has not taken any medications, but that he has been getting massage therapy which only gives him temporary relief. He doesn't feel that the neck pain is getting worse but is wondering why there has been no change or improvement in 5 years.

Observation: The client presented with mild restriction in bilateral lateral bending and right rotation of his cervical spine. He experienced right neck and upper back pain with extension, right lateral bending and right rotation. All orthopaedic tests performed for his neck were unremarkable. Chiropractic evaluation revealed full spine joint restrictions and myofascial trigger points in bilateral cervical paraspinal muscles, bilateral levator scapulae muscles and bilateral sub-occipital muscles.

Organs Affected: **Upper back and neck muscles:**

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

GNM Explanation: **Right neck muscles: a moderate intellectual self-devaluation conflict**, experienced as **“I made a mistake”, “I’m not smart enough”, “this is not fair”** in relation to **“a partner”**. These Biological Special Program (SBS) cause muscle tissue loss (necrosis) of the striated musculature of the right shoulder and neck muscles during the **Conflict Active Phase**. During the **Healing Phase** the tissue loss is replenished and restored, with accompanying swelling and pain. The biological purpose of these Biological Special Program (SBS) is to strengthen the upper back and neck muscles to better handle future “intellectual self-devaluations”. The client is currently in a **Hanging Healing** with potential **tracks** and triggers. The original conflict must be identified and brought to his awareness in order for him to complete the healing.

GNM Understanding: The client understood the explanation and recognized that the conflict must be related to his brother and the business that they owned together in his home country. He indicates that when he came to Canada, he left his brother to take over and run the business. However, he quickly realized that his brother was not very good at maintaining the daily operations of the business. He reports that his brother started to hide financial details from him and that they ended up in court trying to settle his brother buying him out of the company. The client admits that the court case ended 4-5 years ago around the time that his symptoms began. He indicates that he was not happy with the final settlement and felt it was not a fair amount considering how much he worked to make the business successful (**his DHS**). He also sees the possibility that he felt he made a mistake by leaving his brother to run the business on his own, which eventually led to him losing his stake in the business. He realizes now, that he may have many tracks/triggers that remind him of the unfairness of the settlement, especially when he speaks with family members or friends about what happened or when he has issues financially. He indicates that he started a new business here which is doing well, but that he is not making the amount of money he was making before. He also recognizes that his recent flare up of neck pain could be related to having problems securing a mortgage for a home purchase which has created some financial stress for him.

He was asked to make the connection that his upper back and neck pain symptoms are related to the issues with his brother and his old company. It was important for him to realize that the issue is now resolved and that he has moved on to start a new business which is generally doing well. He needed to be able to let go of the resentment towards his brother and realize that in the big picture, he made the right decision for him and his family. He also needed to remind himself that his upper back and neck muscles are strong and healing, in order to avoid further self-devaluation conflicts. General balancing techniques and chiropractic adjustments were also provided. He was asked to do a follow up visit in a week especially if the symptoms persisted.

Results: The client did not return to the clinic for his follow up visit. He was contacted by phone two months later to see how he was feeling. He reported significant improvement in his upper back and neck pain immediately after the session. He indicated that by the next couple of days the pain was completely gone and has not returned since. He admits that he has been very busy with his own business, but that he was very pleased with the amount of relief he had in one visit.

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

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