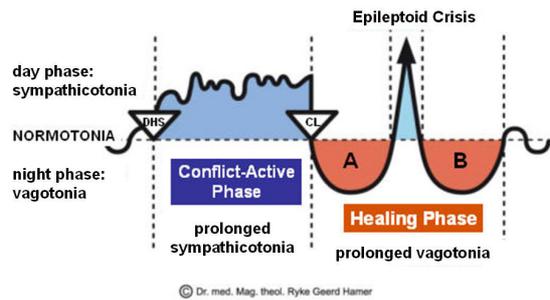




## CASE STUDY 96

**DATE:** Jan. 2019

**PATIENT:** 30 year old left-handed male



**Subjective Complaint:** The client presented with a recent episode of severe **right low back pain**. He reports that he began to feel some pain in his low back Friday night on his way home from work. However, he indicates that the pain was not too bad. He states that it wasn't until Sunday morning when he woke up, that he was in severe pain. He admits that the pain has been constant for the last 4 days since. He rates the pain as a 7-8 out of 10 on a scale of 1-10 with 10 being severe pain. He states that he has some moments when the pain calms down and is only a 3-4 out of 10. The client indicates that the pain is worse in the morning when he first wakes up, but also notices the pain constantly during the day while at work depending on his movements. He does not recall having a mechanism of injury and assumes his back pain is related to the constant sitting at his job as a truck driver.

**Observation:** The client was observed to be walking in significant discomfort with a right antalgic lean indicating severe spasms of his right low back muscles. He was unable to sit comfortably during our consultation and needed to move around to find a comfortable position. Active lumbar range of motion was severely limited in forward flexion, extension and left lateral bending due to pain and fear of pain. All other ranges of motion were within normal limits with only mild pain at end range. Lumbar orthopedic tests (Kemp's, Ely's) produced some pain bilaterally but not as severe as active lumbar range of motion tests. Straight leg raise was actually negative bilaterally at 80 degrees. Palpation revealed significant muscle spasms and tenderness bilaterally on his lumbar paraspinal musculature. Chiropractic evaluation revealed full spine joint restrictions and myofascial trigger points in his 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 mother/child. 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 and restored with accompanying swelling and pain. The biological purpose of this Biological Special Program (SBS) is to strengthen the muscles of the low back to improve spinal support. The client is currently in the **Healing Phase** with potential tracks and triggers that could lead to a hanging healing. The original conflict must be identified and brought to his awareness for him to complete the healing phase.

**GNM Understanding:** The client understood the GNM explanation and realized that his conflict might be related to his second job working as a bartender/server in a banquet hall. He reported that he spoke with a co-worker who mentioned that he would probably be working on Friday night at the banquet hall because there was an event taking place. After finishing his work as a truck driver, the client mentioned that he called his boss (at the banquet hall) about whether he was needed to come in to work that evening. His boss told him not to bother coming in because he would not be needed (**his DHS**). He admits that he felt upset about not being called in to work knowing that there was an event taking place that evening. He now recognizes that he could have interpreted this as a “lack of support” from his boss. When questioned about why he associates this incident with his mother/child side (because he is biologically left-handed), he reported that he is working hard at two jobs in order to help provide for his 2 kids and his mother who lives with them in a new home he recently purchased. The client also pointed out that he was called in to work on Saturday night, which could explain why he woke up Sunday morning with the severe pain (an indication he was now in the healing phase).

He was asked to make the connection that his low back pain is related to the unexpected “lack of support” from his boss at the banquet hall. He was recommended to work on changing his perspective of what it means if he does not get called in to work and not to necessarily take it personally. He was also reminded that his low back is actually trying to repair and get stronger, so that he will not become overly preoccupied with his back as being weak or injured (in order to avoid a secondary local self-devaluation conflict).

Chiropractic treatment including muscle work and spinal adjustments were also provided. He was asked to do a follow-up visit in one week.

**Results:** The client returned to the clinic one week later and was observed to be walking upright and with no pain or discomfort. He reported a significant improvement in his low back within a few days of our session and admits that he feels 80% better overall. He was reminded to watch for any tracks/triggers particularly if his symptoms flare up. He was provided chiropractic treatment and asked to do a follow-up in 2-3 weeks or as needed.

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

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