



CASE STUDY #06

LOWER BACK PAIN

DATE: November 2017

CLIENT: 49 year-old right-handed male

Subjective Complaint: The client complained of lower back pain and stated that it was interfering with his ability to concentrate and perform his duties at work. Approximately 32 years ago, the client injured his back during a high school football game where he immediately started physical therapy. The client stated that he spent many days soaking his back in hot tubs and packing his back with ice, but the pain never fully went away and would flair up from time to time. Over the years, he continued physical therapy where they insisted that he would need a brace for the rest of his life. Based on the MRI, the doctors told him that his back was damaged to the point that he would need back surgery to fuse his spine which would reduce the pain. The client took “many many” prescription medications for several years.

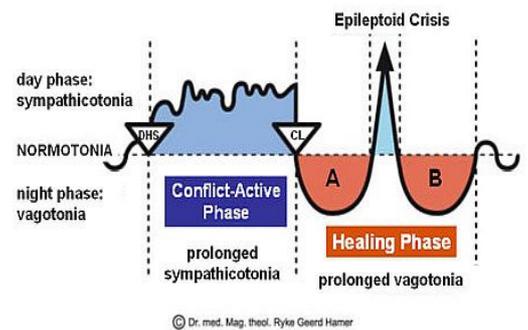
Observation: The client was in a lot of pain and stated that it was irritating him so much that he wanted to take Ibuprofen (an anti-inflammatory pain medication).

Organs Affected: Right low back muscles

Embryonic Germ Layer: New Mesoderm
Brain Control Center: Cerebral Medulla

GNM Explanation: The biological conflict linked to the skeletal muscles is a **moderate self-devaluation conflict**. The lower back is also associated with feeling unsupported (“not backed up”) by a family member, partner, friend, teacher, colleague, or employer. During the **Conflict-Active Phase** there is cell loss (necrosis) of muscle tissue (controlled from the cerebral medulla) and, at the same time, muscle weakness or muscle paralysis (controlled from the motor cortex). Prolonged conflict activity leads to muscle atrophy (muscle wasting) without paralysis if the conflict is experienced solely as a self-devaluation conflict. In the **Healing Phase**, the atrophied muscle is reconstructed through cell proliferation with swelling due to the edema (fluid accumulation). The pain in his back became his self-devaluation **track** causing a **Hanging Healing**. The conflict and tracks have to be identified in order to complete the healing.

GNM Understanding: The client understood the GNM explanation and that the pain in his back must be related to an incident that occurred when playing football in high school. The incident involved two of his teammates which were scolded by the coach about not being able to keep the client out of the backfield. On the next play, one of the teammates grabbed the client and held him as the other teammate pushed him backwards where his back flexed in the wrong direction. The client stated that his football season was destroyed (**his DHS**).



The client was asked to make the conscious connection that his lower back pain is related to the self-devaluation he experienced 32 years ago along with his injury and in particular to the pain causing a Hanging Healing of an additional self-devaluation conflict. By bringing into awareness that the incident is a thing of the past and through understanding the “pain track”, he was able to release his pain.

Results: During a follow up, the client stated that his pain had stopped and has not returned since (it's been over two years). The client also stated that the healing changed his life and changed his ability to know that we are stronger than we realize and that our minds can heal our bodies.

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

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