

Case study by Dr. Alvin De Leon



CASE: 16

DATE: July 2011

CLIENT: 39 year old right-handed male



Subjective Complaint: The client presented with **bilateral hip pain only while playing soccer**. He reports that the symptoms began in November 2010 during a soccer game and has not gone away since. He admits that he has no pain at all with any other activity, as he plays golf and volleyball with no hip pain. He reports that the hip pain has been so bad that he has not played any soccer for the past few weeks. He also reports having done other therapies for 3 months with no effect, which led him to visit our office.

Observation: The client was observed to have pain-free full range of motion in both hips, knees and ankles. His low back range of motion was also within normal range and pain free. Mild tenderness to palpation of both sacro-iliac joints but otherwise all hip integrity tests were negative for pain and unremarkable.

Organs Affected: Muscles, tendons and hip joints

Embryonic germ layer: new mesoderm

Brain control center: cerebral medulla

GNM Explanation: Hip joint: **self-devaluation conflict regarding bearing the weight, “too much to carry”** causing necrosis of striated muscles on the hips. The meaning of this Biological Special Program is to strengthen the muscles to improve performance and be better able to “bear the weight” of the problem. The client is currently in a **Hanging Healing** with playing soccer as one of his **tracks**. He will need to identify the original conflict (DHS) in order to complete the Biological Special Program and to be relieved from his hip pain.

GNM Understanding: The client understood the explanation and recognized that his conflict was related to the fact that he decided to renovate his home last fall, 2010. He reports that he hired carpenters who did not know what they were doing and delayed the home renovation project by almost 2 months. The client admits that he felt stressed about the delays and also felt responsible for making the wrong choice regarding carpenters (**his DHS**). He also reports feeling more pressure as it was nearing winter and his family became worried as the home was not fully insulated due to the renovations. He believes that during that stressful time, his main outlet was to play soccer once or twice a week to relieve his stress. He was told that it was during one of these soccer games that his body went temporarily into the Healing Phase and his hip pain presented. The client was made aware that he would have to now associate the hip pain with the stress over the house renovations and the bad carpenters, and to disassociate it with playing soccer. Full spine adjustments, muscle work, mobilizations and general body balancing were performed to help him maintain proper structural integrity leading up to his soccer game. He was also asked to remind himself before a game that it was now “safe” to play soccer again.

Results: The client reported on a follow-up visit less than two weeks later that his hip pain has greatly improved. He states that he was able to play the whole soccer game after our session with only some mild soreness afterwards. He admits that a few days later he was able to play a second full game with no pain whatsoever. He reports that he is amazed that the hip feels 90% improved after only one visit. He also indicated that the home renovations should be completed in the next few weeks.

For clarification of specific terms, please consult the English “Five Biological Laws” document

Source: www.LearningGNM.com