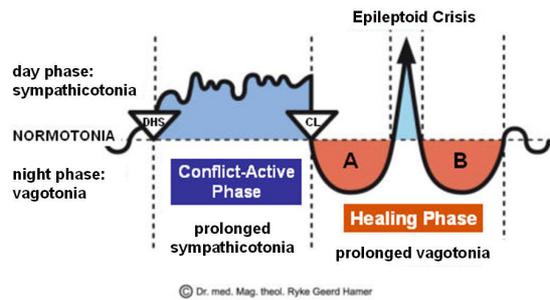


DATE: July 2015

CLIENT: 29 year old right-handed male



Subjective Complaint: The client presented with **right wrist pain** for the past few years. He claims that he is not sure when the right wrist pain showed up. He states that he had surgery in his left wrist from a serious car accident 12 years ago, but doesn't recall injuring his right wrist. He thought that it could be related to a snowboarding incident when he was younger, but he doesn't actually remember injuring the right wrist. He does admit that in the last few years his right wrist pain has been worse. It affects his ability to work out in the gym and also to wash dishes and cook, especially when the pain is really bad. He rates the right wrist pain as a 5/10 normally but it can be as high as 9/10 at its worst, on a scale of 1-10 with 10 being severe pain. He relates that the pain seems to be worse in the morning or during the middle of the day depending on what he is doing with it. When questioned about whether he had any relief from the daily pain, he admits that he did have 6-7 months of no pain a few years ago when he was working in Central America lifting heavy logs. However, he states that last month while on a vacation in Europe, he began to get severe pain in the wrist despite not doing anything strenuous. He reports that he gets mild but temporary relief in his wrist pain with MSM (methylsulfonylmethane- used to treat arthritis) and Vitamin C injections.

Observation: The client's wrists did not appear to have any swelling or inflammation. Wrist range of motion was within normal limits and pain free. Cervical range of motion was also within normal limits with mild pain at end range of flexion. He presented with mild pain upon resisted pronation of the right wrist. All other orthopaedic tests were unremarkable. Chiropractic examination revealed full spine joint restrictions and myofascial trigger points.

Organs Affected: **Right wrist muscles, ligaments and joints:**

Embryonic Germ Layer: new mesoderm

Brain Control Centre: cerebral medulla

GNM Explanation: **Right wrist muscular and ligament pain: moderate dexterity self-devaluation conflict** experienced as "failing a manual task" or a "poor manual performance" in relation to a partner. This Biological Special Program (SBS) causes muscle tissue loss (necrosis) of the striated musculature and ligaments of the right wrist during the **Conflict Active Phase**. During the **Healing Phase**, the tissue loss is replenished leading to inflammation and pain. The biological purpose of this Biological Special Program (SBS) is to strengthen the muscles and ligaments of the wrist in order to improve manual performance. 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 GNM explanation and reported that his conflict may be related to a photography class that he was taking while he was in college a few years ago. He indicates that it was his dream to have a career as a professional photographer. However, his professor in the class was very critical of his work, to the point that it discouraged him from pursuing a career in photography (**his DHS**). He admits that he was so traumatized by the criticism that he did not pick up a camera for almost 2 years after graduation. He now recognizes that perhaps his pain began after he started to pick up the camera and take pictures again. He also relates that it could explain why he was in more pain while in Europe, where he was taking many photos compared to when he was working doing physical labour in Central America. He demonstrated that he holds his camera with his right hand and wrist.

The client was asked to connect his right wrist pain to the devaluation from his old photography professor. He was then asked to work on changing his perspective regarding the professor's comments and to avoid any further devaluation of his wrist and his photographs. He needed to see that he is very capable as a photographer and that he will continue to improve and evolve.

General balancing techniques and chiropractic adjustments were also provided. He was asked to do a follow-up visit in one week.

Results: The client returned for a follow-up visit two weeks later. He reported improvement in his right wrist pain and admits that he had a few days with no wrist pain at all. He wanted to focus on other symptoms as he was certain his wrist pain was no longer an issue. Upon a second follow-up visit 5 weeks later, he reported 90% improvement with his right wrist pain and states that it is no longer a problem for him.

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

Extracted from: www.LearningGNM.com