

CASE STUDY

Effect of Acutonics® for Chronic Back, Hip and Knee Pain with Fibromyalgia

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ABSTRACT: This case study demonstrates the efficacy of Acutonics treatment form chronic pain conditions. A 52 year old woman was treated for long term fibromyalgia with secondary complaints of chronic back, hip and knee pain resulting from injuries and surgeries. She was on disability leave from her job and experienced difficulty with balance and mobility. Her energy was low. Acutonics treatment was directed at building energy supporting structure and circulating energy. Acutonics tuning forks and other sound healing instruments were applied to points on and over the body to build energy from the core to the subtle fields. After the first treatment the patient felt more balanced and stable. Subsequent treatments performed over a period of four months resulted in decreased pain, improved mobility and improved spirit. She returned to work part time at the time of this case report.

KEY WORDS: Chronic pain, hip and knee pain, low energy, fibromyalgia, extraordinary vessels.

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Narrative:

D, a 52-year-old woman, came to see me with a long history of complaints. She is currently on disability from her job as a librarian. When I first saw her, she had had back surgery seven months earlier for removal of a benign tumor and during which she had two ribs removed. She had a hip operation three months earlier in, which a pin had been put in her right hip. This was the result of an auto accident she had been in a year earlier. She was walking with a cane when she first came to see me. Her right knee was very painful. She had a hard time maintaining her balance and couldn't walk up stairs. She started some restorative yoga to help with her weakness and instability. She has also been dealing with chronic fibromyalgia for many years. She saw an ad for a talk I presented on Acutonics, and because of a long-time interest in sound healing, she sought me out to see if I could help support her in her recovery process before her return to work in five months.

Diagnosis:

D is depleted on all levels. The surgeries have left her weak and underweight. She needs tonifying, building, strengthening and nourishing on a physical, emotional and energetic level. I approached her conditions with a treatment plan that would address her issues incrementally.

Treatment/Rationale:

Session 1 - Building and tonifying, strengthening core.

Opened with High Frequency New Moon 5th in the field; moved to High Frequency Ohm/Saturn microtone to provide some structure for the work using a cocoon configuration.

Low Frequency Mars/Venus 5th to open the 4 Gates (LIV 3, Great Surge, and LI 4, Union Valley) to get the flow of Qi moving more harmoniously and nourish and strengthen.

Applied Low Frequency Earth Day 5th to ST 36, Leg Three Li, SP 6, Three Yin Intersection to tonify, and then Earth Day 5th unilaterally on GB 39, Hanging Bell, and GB 41, Near to Tears, to begin strengthening the leg and hip area.

Solar 7th on Ren 4, Origin Pass, to strengthen core energy.

Prone: Ohm/Pluto microtone to induce cranial still point applied to DU 2, Low Back Shu, and DU 16, Wind Mansion, to deeply open the entire back structure; moved to Ohm/Jupiter 4th to start making room for new neurological connections and healing on all levels.

High Frequency Ohm/Mercury microtone is used in the field to communicate the new information being introduced at all levels. High Frequency Ohm Octave 1 and 2 is used to balance.

Extraordinary Vessel Treatment:

Ren Mai (LU 7, Broken Sequence, and KID 6, Shining Sea) - opened with New Moon 5th moved to Low Frequency Ohm/Venus 6th, then to High Frequency Ohm/Venus 6th to nourish and balance yin and blood. Du Mai (SI 3, Back Ravine, and UB 62, Extending Vessel) - opened with New Moon 5th then moved to Ohm/Jupiter 4th and then High Frequency Ohm/Saturn 2nd to nourish and complete the microcosmic orbit and strengthen yang.

Follow-Up Treatments:

The same protocol was repeated from the first session leading up to the extraordinary vessel treatments:

Session 2: Ren Mai (LU 7, Broken Sequence, and KID 6, Shining Sea) - same sequence as in session one;

Yin Qiao Mai (KID 6, Shining Sea, and LU 7, Broken Sequence) - opened with New Moon 5th to treat left/right imbalance; moved to Mars/Venus 5th

Session 3: Dai Mai (GB 41, Near to Tears, SJ 5, Outer Gate) - opened with New Moon 5th to harmonize upper and lower body and to help her move forward; moved to Ohm/Jupiter 4th, then to Ohm Octave.

Yang Qiao Mai (UB 62, Extending Vessel, and SI 3, Back Ravine) - opened with New Moon 5th to continue to help stability; moved to Zodiac 3rd to begin working with pain dispersal, moved to Ohm Octave to balance.

Sessions 4-6: Continued to strengthen and tonify, nourish and balance structure.

Added Low Frequency Mars/Venus 5th on KID 1, Gushing Spring, and KID 3, Great Ravine, to nourish the kidney, then moved to Mars/Venus 5th; then moved to Full Moon 6th to deeply nourish kidney yin.

High Frequency Mars/Venus 5th to interstitial chakras to begin cleaning up debris caught between chakras. In sessions 5 and 6, used High Frequency Mars/Venus 5th to balance chakras.

Extraordinary Vessel Treatment:

Repeated the same sequence as before with these changes:

Du Mai (SI 3, Back Ravine, and UB 62, Extending Vessel) used Middle Ohm/Saturn 2nd instead of High Frequency Ohm/Saturn 2nd to access more directly into the physical body.

Sessions 10-13: Continued to strengthen while focusing more on remaining problem areas—mid-back pain and right knee pain.

Prone: Huato Jiaji and Baliao points - Applied Low Frequency Ohm/Pluto microtone, moved to Ohm/Chiron 2nd and then to Ohm/Nibiru 3rd to access deep issues, including scarring, to bring healing forward and introduce a new pattern of health and strength.

Prone: Right knee pain - Opened with Low Frequency New Moon 5th - applied Low Frequency New Moon on lateral aspect of knee and Low Frequency Ohm on left elbow. I moved to Nibiru Octave with Low Frequency Nibiru on the knee and Middle Frequency Nibiru on the elbow to bring in the new cellular information needed for repair. After several applications of this octave, the client, who was resting deeply, made several spontaneous low toning sounds. Simultaneously there was a significant shift in the knee pattern. After the session, the client was only marginally aware of having made the sounds, but felt a new strength in her knee with diminished pain.

Results/Conclusions:

After the first session, the client felt more balanced and stable. She especially noticed it when she took a yoga class and found she wasn't so unsteady. After the first three sessions, the pain in the mid-thoracic area was diminished. After the sixth session she was able to start walking without her cane. After the ninth session she was able to start walking up steps. All symptoms had diminished significantly. The remaining problem areas were her right knee and mid-back area around the incision. The knee has completely resolved at this point, and the mid-back pain now occurs intermittently. After consistent treatments for four months, she looks and moves like a new person. She appears ten years younger. Her face has lost the lines from chronic pain. She has gained some weight and is virtually pain-free. She is returning to work part-time and will continue treatments twice a month for continued support and strengthening of her system. She is doing yoga regularly and has better balance than she has had in years.