

Barral Institute Case Study

Visceral Manipulation – Low back pain/Anxiety attacks/Insomnia

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Therapist: Joanne Enslin de Wet, BSc Physiotherapy (Wits) , BSc (Med) (Hons) Sport Science UCT, MSc Exercise Physiology Boston University USA

Patient: 55-year attorney

Reason for coming: low back pain and cannot exercise because of anxiety attacks. Insomnia and bruxism. She had chronic exhaustion, headaches, numbness in her arms, had breast cancer and had been on chemotherapy.

Evaluation:

General Listening: The patient had an emotional listening.

Manual Thermal Evaluation: There was an emotional listening of intense heat from her stomach cardia and gastro esophageal junction. There was also a heat projection over her left frontal

Local listening: Went to her gastroesophageal junction and gastrophrenic ligament

Treatment

I started with treating the gastro phrenic ligament in sitting, and then treating the gastro esophageal junction in sitting as well as lengthening the oesophagus. I then reevaluated and the listening took me to the lesser curvature of the stomach. I did the combined technique to mobilize the lesser curvature and the peristalsis movement of the stomach. The motility of the stomach was still reduced. I treated the pyloric and cardiac sphincters which improved the motility. I then balanced the cardiac plexus.

I then did emit and receive between the stomach and the left frontal and “landed the plane”

Following this I did an emotional listening that took me to the chronological age of 10. There was a dark spot in the middle lower part of the screen that merged into a scotty dog that was missing a leg. The dog was immobile and couldn't move. The image then changed and lightened to the dog running after a ball.

With her permission I shared the image. She did not remember a dog around that time, but the feeling of not being able to move resonated with her after her fiancé left her and she was deeply mortified. She was still in mourning.

The MTD reevaluation showed a reduction in the heat production over her cardia and G-E junction.

Results and Follow-up

After the treatment the patient felt much more relaxed. On the follow up she reported to be sleeping better and her back pain had reduced. She had also started doing Pilates exercise and had not had a panic attack. She was seen for 5 more treatments over a 4-month period and wants to continue with monthly sessions as her anxiety has dramatically reduced and she feels she is getting on with her life.