

CASE STUDY NUMBER : 4

Therapist Name:

Age of Client: 50

Sex of Client: Male

### PAST MEDICAL HISTORY / HISTORY OF SCAR (surgery / accident)

Client injured right knee badly during his teens through extreme sporting activities. He continued to partake in these sports & was a professional mountain biker. He has also worked hard throughout his life as a stone mason which has taken a toll on his body. He also has arthritis in many of his joints. In Jan' 2018 he had major (keyhole) knee surgery to repair & clean up his right knee. The procedure went well. The consultant was very good. He had physiotherapy post surgically & was very diligent with his exercise home work. Massage, herbal oils & homeopathy were used regularly post surgery. These things paid good dividends although convalescence was long & difficult. He was not supported adequately by his family during this time & still had to maintain being the main carer for his 97 year old mother. I am pleased to say he is now back out mountain biking to a high level recreationally.

### PRESENTING PROBLEM / DOES THE SCAR AFFECT THE CLIENTS DAILY LIFE (limitations of movement, pain, discomfort)

After the operation his knee is a much more stable joint. Hamstring tissue from his right leg was harvested during the surgery for reconstruction & this has resulted in much tightness/scaring of the muscle group. Metal fixings were also used. He has a good ROM in his knee although flexibility of the joint is not totally that of a 'normal' one.

### DOES THE SCAR HAVE ANY EMOTIONAL OR PSYCHOLOGICAL ATTACHMENT TO IT (fear, anxiety, guilt, sense of failure?)

He reports no emotional attachment to the knee scaring. Although he does say he feels nausea when he touches the distal medial scar site (I will call this scar 'no. 4').

### PRE TREATMENT ASSESSMENT INFORMATION

He has many scars on his body inc' appendectomy & via multiple work & sporting accidents. For the purpose of this case study we have chosen to focus on the right knee surgery scars (x 4). The scars appear well healed. They are very faint & 3 of the 4 are difficult to locate visually. However they are palpable. Some areas around the knee have a lack of sensation, some refer unpleasant sensations down his shin & he experiences shooting pains that he calls 'fireworks' and ache in general. Also the joint feels tight to him. As do the right hamstrings.

### POST TREATMENT ASSESSMENT INFORMATION & TREATMENT OUTCOMES

Treatment 1 – 2 rounds of 8 were applied to each scar. With a total working time of approx' 3 minutes per scar. During the session the areas became pinker in colour & more alive looking. Pain, nausea, burning & referred sensations up/down leg & in abdomen @ 7/10 during the treatment whilst working on scar no. 4. After this session he said his knee felt less achy, more alive, freer, that there was less muscle tension in the adjoining soft tissue groups & that there was now some sensation where there had been numbness. A little referred sensation, fireworks & nausea continued for while after we had finished the hands-on work. He was amazed how the residual scar tissue was still impacting his well-being.

Treatment 2 - 2 rounds of 8 were applied to each scar. With a total working time of 3-4 minutes per scar. Again during the session the areas became pinker in colour & more alive looking. This time there was much less referred sensation, none experienced in the abdominal area & no nausea associated with working scar no. 4. After treatment the feeling of the joint being freer was improved more.

Treatment 3 – As per treatment 2. We are very pleased with the improvements that have resulted ☺!

So overall we have improved movement of the soft tissues & the joint. Additionally there is no experience of nausea anymore & only a slight referred tinkling feeling when touching scar no. 4 around the lateral/proximal area of the shin. There is also complete sensation around the soft tissues of scar no.4 where there was numbness prior to any treatment. Also although there is little aesthetic difference in the appearance of the scars after 3 treatments, however I do think scar no. 4 looks a little smoother, there is much other improvement that has been made. Both myself & the client are happy with the work results.

### ANY IMPROVEMENT WITH EMOTINAL CONNECTION TO THE SCAR

Although he is not aware of any emotional connection to the scars he does report experiencing much less nausea when touching no.4. After Treatment 2 there is now no nausea associated with touching the scars.

### ANY FURTHER INFORMATION

