

SHIATSU AND NECK PAIN

RESEARCH:

Research Project on the Perceived Effectiveness of Shiatsu Treatment. Clifford Andrews BSc, MRSS.

The first 9 conditions which include: General Health/wellbeing, ankle problems, headaches, joint problems, sciatica, back problems, emotional problems, shoulder problems, stress. Over 50% of the clients perceived the treatment as being +2 or Very Effective. In the second observable category which includes: Digestive problems, neck problems, menstrual problems, the perceived effectiveness was divided equally between the +1 (Effective) and +2 (Very Effective) scores but in each case over 80% of the sample found some benefit (+1 and +2 scores combined). A third group which includes depression, bowel problems/IBS, low energy, knee problems, showed a greater variety in the distribution of the scores. In depression slightly more +1 scores than +2 were recorded, although all of the sample indicated some benefit (+1 and +2 scores combined). Bowel problems and IBS proved difficult to treat giving the widest spread of scores amongst all the categories. Of the sample 40% indicated 0 or no change and 30% giving +1 and 30% giving +2. Low energy also proved to be a difficult category to completely resolve with 24% scoring +2 but a larger 55% feeling some benefit and scoring +1. Knee problems also appeared difficult to completely resolve, despite all of the sample reporting some benefit, only 17% scored +2 with 83% scoring +1.

Conclusions: A large majority of clients that responded to the Questionnaire perceived Shiatsu as being very effective. Two patterns emerged from the analysis of the responses; The most common conditions treated by Shiatsu in the sample shown, and also the relative perceived effectiveness of treatment of different conditions described. These show very promising results with some conditions which western medicine sometimes has difficulties in treating.

Shiatsu is perceived by the majority of clients in the sample as a complimentary approach to health management which is very effective for a wide range of common health problems.

What do Shiatsu Practitioners Treat? Nicola Pooley and Philip Harris.

Conclusion: It is clearly evident from both the pilot study (published at the first stage) and the main survey that musculoskeletal and psychological problems were the most common conditions presenting for Shiatsu treatment. The most frequent musculoskeletal problems were neck/shoulder problems and arthritis. Depression was the main psychological problem followed by stress and anxiety. Other conditions commonly reported in the main survey included Myalgic encephalomyelitis, irritable bowel syndrome, hypertension and asthma.

CASE STUDY 1

B is 47, she has three children, twins aged 13 and a 7 year old. Her husband works away a lot. She is thin, with a muscular build and has a contained quality. She finds it hard to cry, but has a weepy quality to her voice.

She has come for Shiatsu to relieve stress and pain around her back and shoulders, she is finding it hard to relax and switch off, and acknowledges she finds it hard to slow down, feels a lack of physical and emotional support.

They moved to England from Switzerland 5 years ago and a year ago bought a house. At around the same time her mother died. Her father is suffering from Alzheimers, he lives quite close by so she looks after him. His behaviour can be difficult, angry and hostile.

She has a good diet but has found herself drinking a lot of coffee and more alcohol in the past year. B has been feeling anti-social and cutting herself off from friends and neighbours. She is a movement work teacher but has found it impossible to focus on setting up classes and is having a break and not doing much physical activity.

MEDICAL HISTORY

B had a caesarean with her twins 13 years ago and has suffered on and off with lower back problems. She has been to an osteopath with no lasting affects. She recently discovered that her uterus is retrograde. Her upper back and shoulders have been painful for 18 months.

She has suffered from digestive problems over the last couple of years, and has a history of PMS starting about 5 days before her period, feeling irritable and impatient. Her periods are getting close together.

PRESENTING SYMPTOMS

She has been uncomfortable with tightness and pain around her neck and shoulders, upper and middle back with limited movement toward the left. She has been feeling very stressed and finding it hard to relax.

Her sleep has been unsettled, waking several times a night worrying and mentally over active.

Emotionally she has been feeling up and down suffering from irritation, tiredness and depression sometimes feeling that she cannot cope.

Her digestion has been unsettled, suffering from bouts of nausea, abdominal pain, bloating and constipation, which goes in a cycle of 4 to 6 weeks, lasting for several days. She has blocked sinuses and her breathing is quite shallow.

ZEN DIAGNOSIS

B'S Kyo lung meridian was associated with difficulties communicating and expressing her grief. Her shallow held breath, sinus problems, and isolating herself from friends and neighbours, limiting her exchanges between herself and the outside world, led to feelings of depression and a lack of vitality.

Symptoms of her Kyo spleen meridian relates to feelings of not being supported, excessive nurture of others at the expense of herself, disturbed sleep, PMS, digestive problems and a lack of exercise.

Small intestine kyo relating to shock after her mothers death, and difficulty in assimilating events have left her lacking the ability to acknowledge these difficult emotions. Lack of patience and nervousness can be linked in Zen Shiatsu to the S1 providing a source of Ki in the Hara through nutrients thus bringing the presence of the heart down to the Hara. Because of its link with the ovaries and menstrual disorders it is often diagnosed after a difficult birth, it could relate to shock and uterus problems after her caesarean, and links with lower back problems held since then.

Bladder jitso came up in the first three treatments, relating to tension pain along the meridian pathway, nervous tension, lack of impetus with her work, but overloading

her self with family issues, bladder can also relate to the uterus in Zen and an inability to relax.

Liver and GB came up in back visual diagnosis, held around the side of the body, this relates to uneven flow of Ki, inconsistent emotions, irritability, anger and to a physical lack of flow resulting in stiff painful shoulders, neck and back. This stagnation of energies causing the abdominal distension pain, nausea and constipation. This also reflects with livers poor distribution causing problems with her menstrual cycle, frustration and feelings of being at wits end and difficulty expressing creativity in her work.

FIVE ELEMENTS DIAGNOSIS

B's water element if full but not flowing resulting in an inability to relax, tension in her back some insomnia and a lack of motivation. Water not feeding well into wood which is unrooted and stagnant, its rising energy getting stuck and causing areas of pain and stiffness in the neck, shoulders and joints. Headaches, digestive problems, nausea, swollen painful abdomen, constipation and PMS are also linking to blocked wood energy. Not aided by daily consumption of coffee and alcohol. A lack of emotional harmony, feelings of irritability and impatience causing problems in areas of creative expression and organisation. Her lean muscular frame has a wood presence. Stuck wood energy not fuelling fire which is being put out by water causing a lack of joy and emotional expression.

Low fire energy giving a lack of substance for earth which is also being invaded by wood is symptomatic of her care and nurture of her family to the deprivation of herself and feeling unsupported by her partner. Retreating into her head and over worrying, her digestive and PMS problems, the death of her mother, moving country and house all ungrounding her earth energy which is not controlling and channelling her water energy and lacks the nourishing composites for feeding her metal element. Her weepy choked voice relates to metal imbalance. Overwhelmed with grief, difficulties with crying and expressing emotions and letting go (constipation) lowering her vitality and causing her to withdraw into herself. Problems with her father relating to her metal element, lack of exercise compounding depletion and its inability to control and cut wood.

TREATMENTS

1 & 2. 20/04/04, 04,05/04

Front and lower legs Kyo, back Jitso

1st treatment: Hara Diagnosis S1 kyo BL Jitso started with sotia stretches to release neck. Dispersed BL in sitting and prone using stretches, rocking. Worked BL28 to effect Uterus, BL27 for small intestine and tonified meridian. S1 3, S1 11 for back shoulders tension. S1 felt Kyo used compassionate touch.

Worked hara. heart Uterus which felt disconnected lower hara. Tonified spleen using a supportive touch and spleen 6 to benefit uterus calm mind, relieve frustration.

Recommended holding S1 3, breathing into lower hara.

Next two treatments: 18/05/04, 08/06/04.

Liver GB Jits, spleen Kyo. Back diagnosis, visually energy held in sides, shoulders. My emphasis in treatment was in releasing stagnation, working in side to open liver GB.

The meridians felt Jitso responded to movement and points used.

GB 34 descends rebellious Ki, relaxes tendons, muscles.

GB 21 Move Ki down, ease neck shoulders, Tension. Liver 13 Harmonise Liver and spleen.

Liver 3 smooth flow of Ki, release anger, PMT.

Hara work releases tension ST25, tonified spleen which felt Kyo using SP 6/3.

Recommended hara massage ST 25 for bloating and constipation. Talked about finding more time for herself exercise to shift stuck wood energy.

Last 3 treatments: 22/06/04, 13/07/04, 05/08/04.

Back diagnosis. Liver GB Jitsu. Lung spleen Kyo.

Energy less contracted more continuity. Still working with stretches to release wood energy also focusing on nurturing earth energy, tonifying lung using deep present connection and breath to connect with feeling of grief.

Using lung 9 tonify lung Ki deepen breath. Lung 7 sinuses. Lung 1 help descending Lung Ki release stuck emotions.

TREATMENT RESULTS

During treatments B had the following results and improvements. Her neck mobility improved. By treatment 3 her lower back pain was nearly gone and she was finding it easier to relax.

As her liver, GB Qi released so did her shoulder and upper back pain. With an improvement in PMS, abdominal bloating and nausea. By treatment 5 she was doing more exercise had taken up riding and teaching again, and she was feeling less irritable and able to cope.

As B's metal energy strengthened she was able to express herself better to her husband and felt less inclined to isolate herself. With firmer boundaries found that she was able to deal with her father's emotions better and with more clarity. She looked more relaxed, her voice was clearer and her breath deepened.

CONCLUSIONS

B, has been able to get in touch and express her grief more. Through meeting some of her own needs exercising her friends horse, giving her a sense of freedom and joy in life again. Using her strength to bond and communicate with her father, who she has moved into a home, where he is happier. Through releasing tension is able to be more relaxed and comfortable. Seeing more of her friends neighbours has some support outside of the family.

H. Armstrong

CASE STUDY 2

W, who is 50, has recently completed a course in Psychology and continued to study for MSc in Psychotherapy. She herself has been in Psychotherapy for 10 years, since problems in her marriage, which ended 4 years ago. She is involved in acrimonious negotiations with her ex-husband and is coping also with the sudden death of her 18 year old daughter's boyfriend, grieving herself, and supporting her daughter in her grief. She is single minded and organised, rather driven, oversensitive in close relationships, caring and sensitive to others.

At 15, had a riding accident, which caused severe back trouble and sciatica. At 26, she had a laminectomy involving L5 and S1. She had several miscarriages, a

gynaecological operation at 32 to remove adhesions to her colon and a cyst on her bladder and was later involved in a whiplash accident. She has had periods of emotional trauma. She is lean, her face almost gaunt-looking with a greenish tinge to her dull complexion, deeply sunken eyes with pronounced dark shadows round them. The eyes themselves are lively, her voice has a laughing quality. She is agitated and tense and gives the impression of deficiency being overridden. Her energy is predominantly in the upper body, a little stuck around the lower Hara, and lacking in the legs.

W complained of constant chronic pain in the lower neck area (along the S.I. channel) which had become acute – exacerbated by the extreme mental and emotional pressure she was under – and was so tender she could not even bear the pressure of clothing on it. It had all become overwhelming, leaving her feeling exhausted and depressed.

Questioning revealed that she suffers from headaches in the occipital area and more migraine-like headaches over one eye. She falls asleep easily, but her sleep is disturbed and she wakes frequently. Her digestion is good, though she tends towards constipation. She is a thirsty person, liking warm drinks, especially in the evening. She feels the cold, poor circulation to hands and feet causing chilblains. She suffers from low back pain (both sides) and occasional sciatica. She has very heavy painful periods with dark clotted blood. Her energy levels dip in the afternoon and she pressures herself to exhaustion point. She can be irritable under pressure and has a tendency to depression. Her tongue is pale with a mauve tinge, a little swollen, with teeth marks round the edge. There is a crack along the midline where it is redder with a yellow coating.

There is stagnation of Chi due to trauma along the S.I. channel in the neck and shoulder, resulting from the shock of the accidents and the operation involving the S.I. Yu point area. This is exacerbated by stagnation of Liver Chi (Wood not nourishing Fire) which is also interfering with the transporting/transforming function of the S.I. and generally blocking the Lower Burner. St/Spl energy (Earth) are also affected and have become deficient. The Chi stagnation has led to some Blood stagnation. There is underlying deficiency of Kidney Chi, especially Yin. Water has failed to nourish Wood (Liver Chi stagnation) or connect with Fire (the Heart) to house the Shen (Liver is also involved here too – not storing the Blood satisfactorily during rest). Though her age is relevant, the Kidney Chi has been drained by the shock of the accidents and the operations involving the lumbar area and the lower Burner, and is still having strong demands made on it by the mental and emotional stress that has become longstanding. There are signs that the Heart Protector is also deficient.

TREATMENT

W was very agitated and her whole body very sensitised. Her Yu points and the painful area around her neck and shoulders were too tender to touch. I needed to tonify Kid, Bl and her Hara, to draw the energy down, unblock it in the lower Burner, and move it along the S.I. channel. Above all I needed to help her relax by being supportive and calming. As she found work on the occiput and head very releasing I spent time on this, also hands and feet in each treatment.

18.11.05 S.I. jitsu Kid kyo

Side lying was her one comfortable position. I concentrated on holding the Kid/S.I. area on her back, tonifying Kid on the sacrum – which gave her a sensation on her upper thigh – and in the legs. I worked S.I. in the arm, especially around her wrist and hands (S.I.3). Sighed into pressure on her head and felt things begin to move.

30.11.05 Liv jitsu S.I. kyo

This movement continued. I worked with ampucu to her Hara. Though it was rather tender in the lower abdomen, she felt this ‘hard lump’ melting away in the S.I. diagnostic area as I dispersed Liv in the legs. This produced much borborygmi. S.I. in her legs was very tender, but as I worked it she felt much ‘emotional baggage’ that had been upsetting her gut had moved.

9.12.05 St jitsu B1 kyo

I worked again on her Hara, rebalanced Kid Chi (Ren 4, Ren 17) and she felt it in her abdomen as I worked Kid along her sternum. I dispersed St jitsu in her legs. I could now tonify Yu points (St, Spl, S.I. and H were reactive) and work on S.I. and St in the shoulder area. She responded very well to this treatment.

6.1.06 Liv kyo Gb jitsu

After the Christmas break the tenderness had moved closer to the top thoracic vertebrae, (Lu, Hp, and H Yu points) between the scapulae. Gentle mobilisation of head, neck and shoulders was now possible, the movement and friction of working Gb round the scapulae now welcome. Gb was tender in the upper leg as I dispersed it, and she felt sensation between her scapulae as I worked S.I. on her back.

14.01.06

Dispersion of Liv jitsu in the legs has a strong dispersing effect around the hypochondrium. Liv is also very jitsu in her upper arms. B1 in the low back welcomes much tonification.

20.01.06 S.I. jitsu Hp kyo

She came feeling much better in herself. I could work more strongly into S.I. on the shoulder area, legs and arms. Working Hp in the chest together with Hp Yu point was very releasing. Hp in the upper arm was very tender. Her scapulae were considerably looser.

The most significant changes happened in the second and third sessions. Emotional blockages cleared and consequently W began to feel better in herself, the acute pain of the shoulder area gradually easing. The latter treatments sustained the change and strengthened her. It would not clear entirely until pressure on her eased. She needed further support, regular rest and time to resume yoga, thus centring herself, and to take more exercise. She was already careful about what she ate. Treatments stopped for her to go on a two week holiday.

Jacqui McCoan

CASE STUDY 3

Personal History

R is 53 and lives in a small coastal village with her 2 dogs. She is in a long-term relationship and has a business with her partner. She also has a demanding full time job, with a regional post, which often requires travel all over the country. She has 2 grown sons who have been through college and are now quite independent.

R is somewhat overweight with saggy flesh, her upper body being more densely built than her legs. She exercises regularly, taking her dogs for walks twice a day. She also goes swimming occasionally and tries to incorporate exercises into her daily routine. She enjoys cooking and has a healthy diet with no meat. She sees this phase of her life as quite positive as she embraces the changes and is able to make more time for herself. She has been able to concentrate more fully on her love of writing, which has been something she has wanted to do for a while.

Medical History

R generally has a healthy constitution. Her main issue has been joint problems, which she attributes to a huge iron infusion when she had her last child in 1979. She has been prone to flu type symptoms, which often develop into chest infections, most often in Autumn. She has also been prone to sinus problems in the past and has occasional wheezing or coughing episodes and dry skin on occasions. Another major issue has been her sleeping patterns with frequent insomnia.

R has been involved in 3 car accidents (1972, 1994, 2004) and often suffers from discomfort in her neck and shoulders exacerbated by having to do a lot of driving or computer work. R has suffered from menopausal symptoms (hot flushes, lacking in energy) over the past 5 years and these seem to have subsided now. Her mother died about 2 years ago and although this stirred up difficult emotions, it also felt quite liberating for R at time when she wanted to reassess her life. She has been coming to me for treatments since I first started studying Shiatsu in 2000.

Presenting Symptoms:

- Joint pain
- Work stress
- Reassessment of life – post menopause
- Tendency to overweight
- Intermittent sleeping – insomnia
- Neck and shoulder stiffness

Aims:

To support R in her reassessment of life. Work with joints to create greater flow of energy. Release of tension in shoulders and neck.

Treatments:

1. 20.10.04 Kyo: BL Jitsu: HT

R feeling well generally. Slight tightness in chest. Some shoulder pain in left shoulder. Talked about diet, in particular macrobiotic diet.

R would like to lose some weight. Talked about doing some exercises on a more energetic level i.e. Tai Chi, Yoga.

2. 10.10.04 Kyo: LI Jitsu: HT

R in car accident. Left shoulder is more painful. Week off work and generally feeling well and stimulated. Feeling unsupported at work.

Upper body felt full with lower legs lacking. Strong connections on LI. Worked to disperse Ki in upper body, working shoulder points and LI 10. R knee wanted attention.

3. 1.12.04 Kyo: LIV Jitsu: SI

Last night was awake from 3-6am. Tension in shoulders, due to a lot of driving and computer work. Scanning indicated banding. Worked heavily on the hips but R welcomed work. Legs felt more energised with upper body more yielding. Work on shoulders and neck always creates release.

4. 22.12.04 Kyo: SP Jitsu: LIV

A bit tired today. Doing some work in the house and is feeling a bit achy. Heaviness in the shoulders and neck. General banding of energy. Treatment worked to create a more even distribution of energy and also to disperse energy downwards.

5. 2.02.05 Kyo: LI Jitsu: ST

Helping partner move house – some back strain. Too much sitting/driving. Very hectic work month. Flu bug after Xmas. Not exercising. Strong connections on LI & ST. Left side of body lacking, more energised after treatment. Neck tight and banding of chest area.

6. 16.02.05 Kyo: SI Jitsu: TH

Feeling well. Some shoulder ache. Joints good and diet.

L & R of SI noticeably different. More similar and yielding after treatment.

TCM Diagnosis

Metal tends to figure primarily in R's symptoms. She tends to wake early at 5am (LI time) and is prone to colds, which can lead to bronchitis particularly in the Autumn. She also has periods of dry skin and occasional wheezing relating to the function of elimination in LI. Her neck and shoulder pain could be attributable to meridian problems in LI or SI.

Frequent presentation of SI reflects the function of assimilation. Although there seems to be little evidence of physical symptoms relating to SI, emotionally R is going through a process of change as she digests the possibilities of what is available to her and makes appropriate choices, as to her own needs (rather than that of the family). The functioning of the Liver and Gall Bladder has been affected by R's process of planning and deciding on her life goals. The defensive quality of TH is evident in R feeling unsupported in her work role, with LI marking her ongoing struggle to 'let go' of associated responsibilities. Ongoing joint pain may be attributable to deficient Liver Blood where the Liver is slow to release blood to the muscles. Her abdominal structure with soft flabby flesh indicates a deficiency of Original Qi.

Zen Shiatsu Diagnosis

The last 2 years has been a time of significant change with the death of her mother and relinquishing of her financial responsibility of her sons, which has necessitated a period of 'letting go', mainly on an emotional level. The nature of her work can create a lot of stress with frequent travelling which tends to upset her diet affecting the functioning of the Spleen with Spleen Qi Deficiency evident

SI presents on three occasions and has presented regularly in past treatments. The disharmony evident in her body at times, with accompanying heaviness of legs is likely to be due to the process of assimilation. It is possible that the iron infusion that she had in 1979 created a shock to her body, (she describes it as this) with ongoing subsequent joint pain. The car accidents that she has been involved in are also likely to have created some inherent shock within the body, creating past hurts that may not have been fully assimilated, evident in her tendency to neck and shoulder pain. This is likely to have manifest in a Heart-Blood deficiency indicated by R's insomnia and pale complexion.

Results of treatments:

R's main focus for treatments was in relation to joint pain. This has progressively improved and she is only occasionally aware of any pain in her joints. Her neck and shoulder pain is relieved by treatments and is related to busy periods at work, which she is aware of. Her sleep is much more regular and she only occasionally suffers from insomnia. R is generally more aware of how her life and work affect her body and actively seeks to balance out elements.

Conclusions:

R comes for Shiatsu for 'general maintenance' and feels it supports her in her various roles. The last few years have been a time of change as she has been dealing with menopausal symptoms and coming to terms with her changing role in relation to her family. The Shiatsu has supported R to embrace all these changes and focus on her needs and where she wants to go with her life. In the past work has been a prominent stress, but this is now more of a functional role, allowing her more space to do other things which she has maybe not allowed herself to do in the past i.e. creative writing. We have discussed the benefits of a macrobiotic diet and although R finds it difficult to follow this diet strictly she tries to incorporate elements of this diet, which she feels has benefited her joint pain. She also practices the Makho stretches as part of her daily exercise routine.

Hala Zaluckowska

CASE STUDY 4

Personal History

A is 53. He works as a local government officer with responsibility for co-ordinating international projects, involving chairing large meetings, leading and receiving delegations and much computer work. He lives with his wife and 21 year old daughter.

He describes himself as an 'old hippy' and likes to stay up late and sleep in. He prefers to socialize with family and appears confident and easygoing, while professing to be shy. He has says he, had to develop skills to deal with socializing, speaking and chairing large and sometimes disparate groups.

He doesn't readily express his feelings and admits to some rigidity. He is hungry for information and finds it hard to 'switch off' naturally, preferring to 'engage and think'. He has a passion for playing and designing computer games, which perhaps provides an escape from relating to people which is a large part of his work, but few other outside interests.

He initially came for treatments to ease the presenting symptoms (see below) and for ongoing maintenance of his health.

Medical History

A had acute appendicitis when he was 11, which he remembers as a traumatic experience. He had a vasectomy 10 years ago and about 6 years ago a helicobacter pylori infection was cure with antibiotics.

He used to be a keen runner and stills cycles and walks a lot and has suffered various ankle and leg injuries, especially on the right. His knee tendons used to be very tight. This was alleviated by acupuncture some years ago, although some stiffness remains. He developed a frozen right shoulder about 2 years ago, for which he initially saw an osteopath but now has weekly Feldenkrais sessions.

He gave up smoking 5 years ago with an attendant weight gain, which is not apparent as he was previously underweight. He has a 30 year old dope habit and drinks about 14 units of alcohol a week. There is a family history of quite serious heart problems.

Presenting symptoms

A presented with ongoing tension in his neck shoulders and upper back, extending into his right forearm with excess typing, and stiffness and tenderness in his knees, ankles and Achilles tendons.

He is prone to acid indigestion and generally feels hot and sweats easily and copiously, especially in stressful situations. He most dislikes a humid hot climate. Although his diet is healthy, large business lunches are the norm with no breakfast and little in the evening. He has a chocolate habit and a preference for sour flavours. He urinates frequently, particularly if cold or tense and at night.

Any emotional problems were expressed soley as difficulties at work – long, confrontational meetings, overload, over thinking – which affected his sleep and exacerbated his physical tension. He rarely mentioned his family or personal relationships.

Presenting signs

A appears 'full' in the head, diaphragm and belly and 'deficient' in the limbs – he has particularly long arms – and chest. His neck and mid to upper back tends to jitsu, while his lower burner and the sides of his torso tend to kyo. His shoulders hips and knees are fairly tight and there is a right-left imbalance – his right hip is looser and in prone he prefers to have his right arm down and his left arm up.

His complexion appears doughy with a greeny-yellow hue, especially around the mouth. He is often dark under the eyes, with a pronounced frown. He likes to wear green clothes.

Aims of Treatment

To tonify the most kyo and sedate the most jitsu meridians and areas diagnosed from the hara, touch and appearance and use Five Elements and TCM theory to supplement diagnosis and treatment.

In Five Elements theory, Wood appeared to be in excess from the joint and tendon problems, green facial hue, frown, preference for green and sour things and staying up late (2am), physical rigidity, left-right imbalance, liking for organizational and computer work and addictive tendencies. In TCM, lack of suppleness and emotional repression is associated with liver imbalance and Tony's job and hobby are

demanding on gall bladder energy. The consistently jitsu hara diagnosis supported this.

Consequently, Wood is draining its mother, Water, which was consistently deficient from the hara diagnosis. This is supported by the darkness under the eyes, lower backache, inability to relax and frequent urination, which is a sign of K deficiency in TCM, as is a lack of tongue coating.

Wood is also invading Earth which is showing signs of imbalance in his chocolate habit, analytical mind and slowness in getting up. In TCM also, constrained LV energy upsets digestion, which can be a problem for Tony and his dislike of humidity and scalloped tongue indicate a damp condition.

Additionally, in TCM terms there are signs of Interior Heat – dislike of heat, long red tongue, copious sweating and feelings of anxiety, lack of emotional expression, exacerbated by dope and alcohol. The family history of heart problems would also support this.

In addition to treatment based on the Zen shiatsu diagnosis, Metal, as the controller of Wood in the Ko cycle, was tonified through treatment of the LU and L1 meridian or appropriate points on either. Additionally, points for Heat, were included (L14, L111, GV14, HP6) as well as points for musculoskeletal problems (GB34, LV3) to address the excess Wood energy.

Treatments

The pattern of hara diagnosis was:

Date	Kyo	Jitsu
08.7.04	K/BL	GB
22.7.04	K/BL	GB
30.7.04	TH	GB
06.8.04	Unsure LU/TH/BL/	Generally
13.8.04	TH	GB
20.8.04	BL	GB
25.9.04	BL	GB
2.10.04	BL	GB
23.10.04	K	GB

It was suggested that decreasing the consumption of dope and alcohol and meat might ease symptoms of Heat and trying to find ways to get good quality rest and relaxation and creative expression apart from the computer games would increase energy and decrease anxiety and stiffness.

Results and conclusion

The treatments complimented A's ongoing Feldenkrais sessions and awareness of postural and physical problems. He regarded them as part of the same process of re-educating his body to achieve better mental and physical health, but did not seem interested in any other aspect. He did not attempt any behavioural changes or take any steps to take more responsibility for his own health and decrease his reliance on practitioners. He embraced the Feldenkrais philosophy without showing any intention to end the sessions or do any regular exercise to address his particular problems or explore his mental or emotional patterns.

He felt that shiatsu made him generally more relaxed, with slightly improved digestion. He seemed to enjoy the treatments although gave little feedback during or after.

His energetic pattern remained unchanged, perhaps reflecting the chronic Wood and Water imbalance – rigidity in his psycho-emotional make-up and fear of upsetting the status quo.

Helen Fung