

Barral Institute Case Study

Visceral Manipulation – Hip injury/Low back immobile

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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: Female ,44-year-old professional photographer

Reason for coming: Injury and pain in her left hip, her lower back immobile and locked, and her hip clicks badly

Evaluation:

Range of motion in her left hip was restricted in internal rotation

General Listening The patient had an emotional listening.

Manual Thermal Evaluation: Left tibia periosteum, left foot, left pelvis pubis

Local listening: Left tibia periosteum, left perineum

Treatment:

I started with treating her left tibia as it was the most dominant, and included abductor hallucis on her left foot. Her range of motion in her left hip improved after this. After this she still had a listening in her hip obturator nerve, pudendal nerve and pelvic floor which I treated.

Her emotional listening took me to the age of late 20's. An image of an old car where she was driving, but it was dark on a field and not moving. The image transformed to her driving the car on an open freeway. There was a sense of freedom and lightness

I asked permission to share which she was pleased and she said she had an old car in London in her 20's when she was an assistant photographer. She loved her old car. The image made sense to her.

Results and Follow-up

Following the treatment, her back had unlocked and her hip was no longer painful. She felt much more relaxed and hadn't realized that she was feeling tense when she came into the treatment until she had felt this different state.

I recommended she return for a follow-up which she was very happy to do.