

Barral Institute Case Study
Visceral Manipulation – General muscular pains
Joanne Enslin de Wet, PT, BI-D

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

Patient: 53-year-old male diagnosed with HIV and polyneuropathy.

Reason for coming: General body muscular pains, pains in joints, cramps in calves, swollen ankles, ultra-sensitivity, “not feeling well”

Evaluation:

General Listening to the left side above the diaphragm.

Local Listening to the left side of the body of sternum to a gliding and superficial surface. A compression / decompression test on the sternum was positive on decompression for the sterno-pericardial ligaments. Local listening also had attraction to 4,5 chondrocostal cartilages on the left.

Treatment

After treatment to the pericardium and related structures, the listening took me to right popliteal artery, right plantar artery. I treated both sides, as well as the external iliac and femoral arteries. Also included diaphragm treatment of pericardium, and arcuate ligaments

I completed the treatment by connecting the physiologic center with the heart.

Results and Follow-up

The patient returned after two weeks and was very pleased as he no longer had pain and stiffness in his calves and the rest of his body AND his energy had returned I explained we had worked on his circulatory system the previous session which may account for his dramatic improvement from one session.

I recommended regular exercise and a possibility of taking Nicotinamide (B3), coQ10 and Omega 3's to support his circulatory system