

Subjective:

- Client C/O low energy and seeking to regulate her energy system for more free-flowing energy, healthier relationships (including with money), and more joy. C/O using unhealthy habits to decompress from a demanding and stressful job in child safety, such as smoking, drinking, and excessive coffee consumption. Also, C/O L) knee and lower back problems, and poor sleep.
- LBP and L) knee issues began after a trip to Bali. LBP is an ache, which at one stage was waking her up at night. She has to move around in bed to find a comfortable position to get back to sleep. Poor sleep for approx. 6/52, characterised by waking up between 1-3 AM after 4-5 hours of sleep and then taking a long time to fall asleep again. She sometimes gets up at 4 AM and starts her day. L) knee feels weak and unstable ("I don't trust it"), particularly when starting to walk or moving at an angle, such as when she did the "Toyota jump".
- Previous kinesiology sessions (4wks ago, 6wks ago, and 3 years ago). The last session 4wks ago was via video link and addressed issues with money. A previous in-person session addressed healthy relationships. She has a history of a slight fracture in her R) foot from a few years ago after jumping off a stand-up paddleboard, which sometimes feels irritated. Psoriasis. A bad relationship with her son's father began 15 years ago.
- Works in child safety, which is demanding and stressful. She has a 14-year-old son and desires more children and healthier relationships. She recently quit smoking (on 24/08/2025). Her lifestyle habits to decompress include too much coffee, smoking, and beer. Quitting smoking usually leads her to drink less, exercise more, and drink less coffee. Reports walking 1x/week for exercise. Alcohol consumption is approx. 25 beers/week. Reports high water intake, drinking from a 1.5L bottle up to 4 times a day at work.
- Currently undergoing fortnightly chiropractic treatment for the last 3-4 months, but feels it is not providing the desired results.
- Goal for the session is to continue the work started with her previous kinesiologist, Amber, who had recommended a balance at this time. She also wants to address the L) knee and lower back pain, which she forgot to mention initially.

Objective:

- Initial pre-checks showed chronic hydration is in stress.
- Body scan revealed L) knee in third stage stress and lower back showing some stress. Base chakra came up frequently.
- L) knee unstable, feels weak on movement. Tenderness in the piriformis muscle on palpation, bilaterally.
- Piriformis muscle testing revealed weakness bilaterally; client unable to hold leg position without compensating with thigh muscles.
- Palpation posterior to the knee elicited third stage stress, indicating a tendon issue rather than a knee joint problem. Tendon stress from a minor gym injury approx. 3/52 ago was indicated.
- R) foot assessment revealed a dropped navicular bone.
- Spinal assessment showed subluxation at C2 and C3 to the R), and stress at T1, T2, T3, T4, L4, and L5.
- Sacral and pelvic assessment indicated stress in the SI joint. Body assessment confirmed the pelvis as the main issue causing dysregulation in the spine, knee, and foot. An out flare and up slip of the pelvis was identified.
- Back extension was limited and caused discomfort in the shoulders and lower back ("I don't wanna go any further").

Interventions:

- Permission was obtained to work with the client's energy system.
- The session began with grounding and relaxation exercises, including deep breathing and progressive muscle relaxation.
- Addressed chronic hydration stress, which was identified as systemic and intracellular, related to

oxidative stress from an event 4 years ago involving her mother. An essence (Ocotillo from Desert Alchemy) was used to help dissolve subconscious or unexpressed feelings. Client repeated an affirmation to take responsibility for her attitudes and express emotions in a responsible way. 4 drops of the essence were administered under the tongue.

- The L) knee and lower back pain were investigated. The knee going into third stage stress, was cleared with the base chakra.
- Fascia release was performed on the connection point in the hip for the fascia connecting to the back of the knee.
- Grounding was performed on the foot, which resolved the stress behind the knee.
- Adjusted dropped navicular on R) foot with breath; body was confused, indicating a front-back switching issue which was corrected.
- A full body assessment was conducted to check the SI joint. An out flare of the pelvis was identified and corrected using a myofascial technique.
- A final emotional clearing was performed for a feeling of 'discouraged' related to the session.

Plan for Continuing Care:

- Recommended f/u kinesiology session in 5-8 weeks.
- Advised to take a break from chiropractic treatment for 3mths, particularly on the foot, to allow the body to settle and integrate changes.
- Home care advice: Perform hip realignment exercises 2x/day (morning and night).
- 1. Lying on back with knees bent and feet together, roll hips from side to side, holding for 30 seconds on each side.
- 2. Piriformis stretch: Lying on back, cross one leg over the other and gently pull the knee towards the opposite shoulder, holding for 30 seconds. Repeat 3 times on each side.
- Advised on the importance of grounding by walking barefoot on the earth for 10 minutes to release negative ions.

Additional Notes:

- Client education was provided on the body's electrical energy system, the impact of negative ions on the fascia, the cause of knots and aches, the limitations of long-term chiropractic care without addressing the underlying energetic system, and the mechanism of the pelvic correction.
- Client expressed feeling discouraged about the session type, but was satisfied upon learning that myofascial techniques were integrated as her body required.