

Kinesiology Federation Research Case Study

Name of therapist: Marcia Fletcher, KFRP FindtheCause, Kinesiology	Date: 29/09/20
	Gender: M Age: 55
Occupation of client: IT Consultant	
<p>Summary Patient diagnosed with Bell's Palsy at Royal Devon and Exeter Hospital in A&E on 26 September. Symptoms started on Sunday 20th September with face numb, paralysis down left side of the face and drooping of the mouth, cheeks and blinking affected. No other paralysis present so stroke not suspected. Possible viral infection but this was not tested for.</p> <p>Prior to the onset of symptoms, the patient had been vigorously exercising - squash, cycling, and kayaking. Pain was mentioned in the shoulder areas a few weeks prior to onset of symptoms. Patient undertook long continuous 8hr drive on 17th September and a week later repeated the drive on 24th September. Symptoms appeared in between these two journeys.</p>	
<p>Issue to be resolved</p> <p>Return facial nerves to normal to regain movement on the left side of the face.</p>	<p>Medical intervention</p> <p>None. Window for using the steroid 72 hrs after first symptoms appeared was missed and no antivirals prescribed</p>
<p>Complementary health intervention</p> <p>Kinesiology intervention</p> <p>Basic TFH balance 22 September TFH balance 25 September Kinesiology to identify imbalances 26 September Energy mismatch for herpes virus – 30 September Follow up balance 2nd October</p> <p>Imbalances identified:</p> <p>Muscles unlocking Hyoid was out of balance Spleen meridian unlocking</p> <p>Spinal reflexes – T2-T3 sore and massaged, L3-L5 tender and massaged, also held for 30 seconds to await pulsing</p> <p>Neurovasculars: CV meridian</p> <p>Neurolymphatics – K27, Spleen, R2-3, Stomach – sore and massaged</p> <p>Nutrition: Vitamin C – 2000mg in 2 doses of 1000mg Vitamin B complex including B6 & B12 – 1 x daily Zinc – 2 x 17 mg daily Magnesium – 4 x 100mg daily split into 4 doses of 100mg Fish oils – 5 capsules daily at night Vitamin D – 2 x tablets daily Early use of Bee Propolis tablets to counter viral infection if present Elderberry liquid used initially to counter viral infection if present</p>	

Lifestyle: drink more water, rest and no exercises

2nd October 2020 – follow up

Bells symptoms almost gone. Patient feel a little movement in left eyebrow, can drink without fluid escaping from left corner of the mouth, can whistle slightly, left eye still watery

Cloacals out of balance – Right eyebrow and R public bone point tender

Virus – unlocking but not priority – zinc remedy to rebalance

B12 – levels OK – but for assisting nerve health – 1 x daily in the morning

Iodine – Levels OK

Zinc – 2 x daily

Essential Fatty Acids – unlocking – 5 x fish oils needed to rebalance – take before bed

Vitamin C – 3 x 1000mg in three 1 cap doses – am, lunch and early evening

Magnesium – 4 x daily dispersed throughout the day

14 muscle balance – Goal used “My life is balanced”

Unlocked muscles – fixed as you go

CV – bilateral unlocking – neurovasculars – front sore

Sp – LHS – NLs & SR, LI NLs & SR sore

St – LHS - NLs & SR sore

SI – LHS – NLs sore around rib cage

LI – RHS – NLs sore

6th October 2020

All Bells Palsy symptoms gone, numbness gone and full use of facial muscles has returned. Reduced supplement levels to daily maintenance level.

23rd October 2020 - Final check-up and sign-off

Patient still maintaining full use of facial muscles and Bell's Palsy completely gone.

Maintaining daily maintenance level of supplementation.

SI – LHS unlocking and front NLs to balance

LI – LHS unlocking and front NLs to balance

Additional treatment

Reflexology points for the head and neck on the big toe. Very sore in early days, reducing in pain to low levels on inside of each big toe.

Progress

9 Days post onset of symptoms – small improvements in facial muscles, mouth not as droopy, not able to smile yet and can't raise eyebrows. Facial muscles and appearance more even with right side of face. Late evening muscles appear to droop more. Some pain in the left ear and at the left occiput

13 days post onset of symptoms – almost fully regained use of facial muscles

16 days post onset of symptoms – full use of all left facial muscles regained

Timing of recovery – 16 days

From onset on 20 September to complete recovery by 5th October

