

Jure Kristanc study case

Aleš Ernst CES

Brežice 19.03.2014

Name: Jure Kristanc Birth date: 28.3.1997

Occupation: High school student

1. Describe your pain / problem. Is it chronic (has it been present for a long time)? How long have you had it?

Strong pain in knees, I can't stand longer than 5 minutes, I feel very stiff in my body, have big problems with skiing and boarding. I have bad sleep and headaches.

2. Provide a list of any accidents, injuries, operations and diseases you have ever had (including those from your youth).

Some falls from bike and hits when skiing but no hospital or medicine treatment over injuries

3. In what way have you tried to ease your pain and eliminate your problem so far? How well have you succeeded?

I went to physiotherapy 15 times and been in orthopedically clinic hospital on measurements and MR scans but they don't know what is wrong with my knees and long left leg. They want to operate my left leg and shorten it for 5 cm.

4. Are you currently undergoing medical treatment or manual therapy? What have you been diagnosed with, and what is the outlook?

No. I have been diagnosed with long left leg.

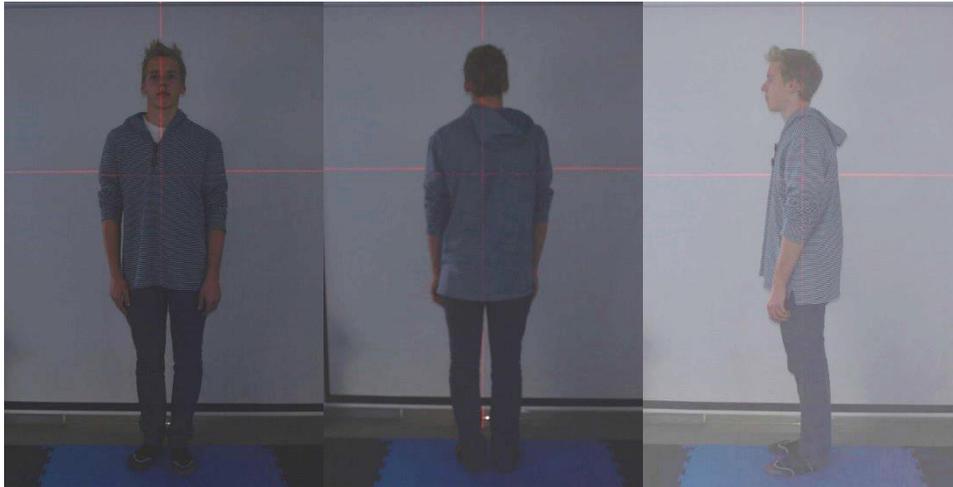
5. Are you currently on any medications? Which?

No medications, just some pain relief crème for my knees

6. Have you had to stop any activity because of the pain / problem (e.g. jogging, yoga, dancing, etc.)?

Cycling, skiing, boarding, running, walking

Before 1st session 27.01.2014 15.00



His left shoulder is very tight and pushed in to his chest, it's almost immobile, and his right shoulder is pushed to the front, same situation is with his left

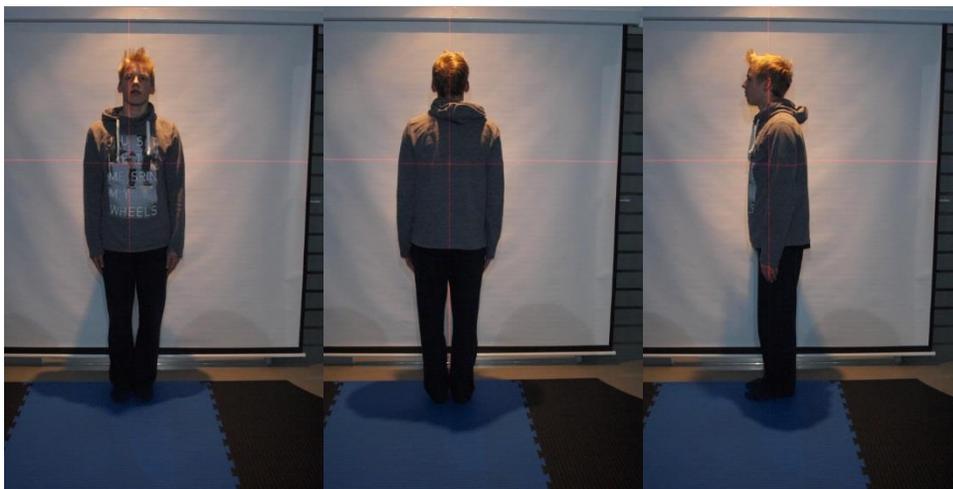
1st session 27.1.2014 15.00

Lesion to release left side. Lesion went on really well and he felt great relief on his left side. Walking was much better and he felt leaning to his right side

Mail from Jure 30.01.2014

I still have pain in my lower back and both knees but I feel change in sensations of those pains.

Before 2nd session 03.02.2014 15.00



2nd session 03.02.2014 15.00

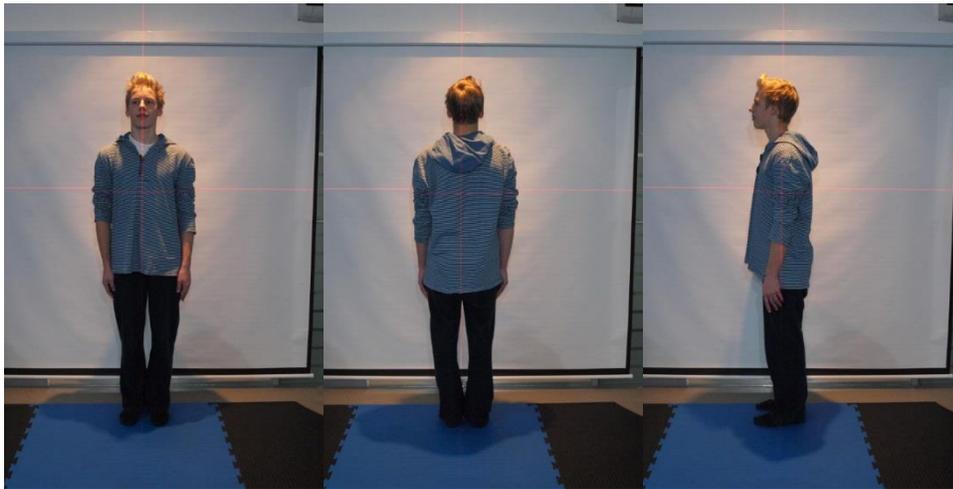
Lesion to release and control back muscles with additional work on left pectorals, trapezius and serratus, hamstring, gluteus and quadriceps muscles to get maximum relief from session. Release was noticeable and he felt big change in awareness in body parts we worked on.

After session he felt longer gait and more even sensation between sides, and better rotation of upper body.

Mail from Jure 08.02.2014

I have good progress, still have some pains in knees but much less than before working with you.

Before 3rd session 10.02.2014 15.00



3rd session 10.02.2014 15.00

Lesion for release front side and deal with startle reflex. I still see to tight left pectoralis and still some shoulder mobility issues, reason for that is to tight abdomen. After lesion he feels much better. Standing tall and erect, feet are closer together and he is more in control of his body and movement.

Mail from Jure 14.02.2014

When boarding I fell much better stability and rotation. I have days without any knee pain, and I'm great.

4th session 24.02.2014 15.00

Shoulder magic on left and right shoulder. We also did leg release on left leg. He reported lighter shoulder movement and head turning, felt a bit dizzy after but great feeling of being light and tall, rotation of trunk much better. Knee pain is gone and cycling doesn't give him pain anymore.

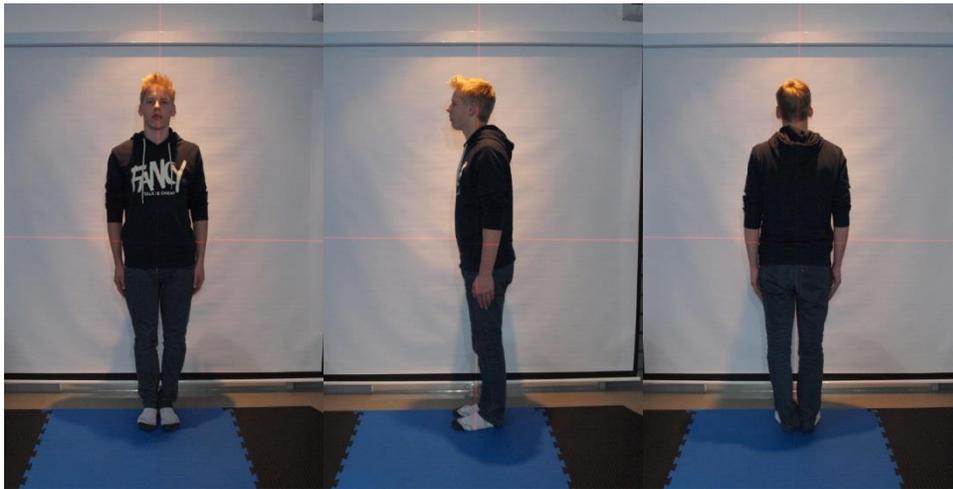
Mail from Jure 03.03.2014

I feel great, bike handling is way easier, my shoulder are more in line with my body and headaches are gone for some time now. I also don't feel tight and short in my front side.

5th session 05.03.2014 15.00

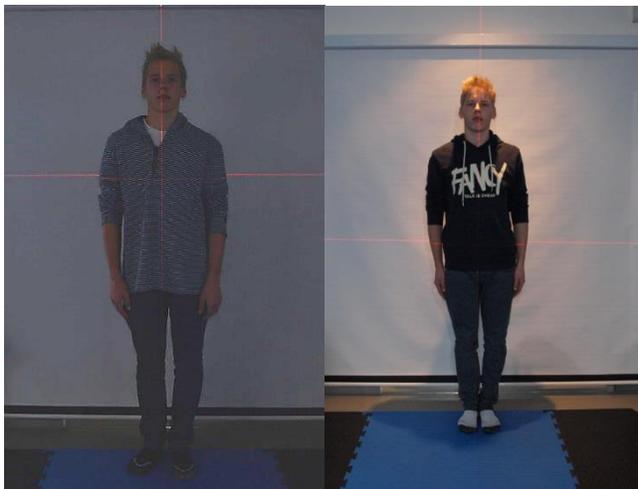
Breathing lesion air soccer and work on left psoas to even leg length. Leg length almost identical, walking feels even, head is still and fluid, also eye movement is way more coordinated than at the beginning of our work. He reports better memory and focus and he's more open for talking and shows more feelings than before.

After 5th session 05.03.2014 16.30



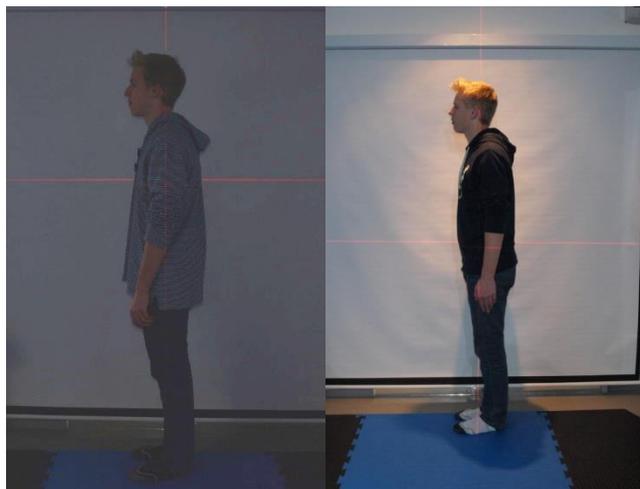
Before 1st

After 5th



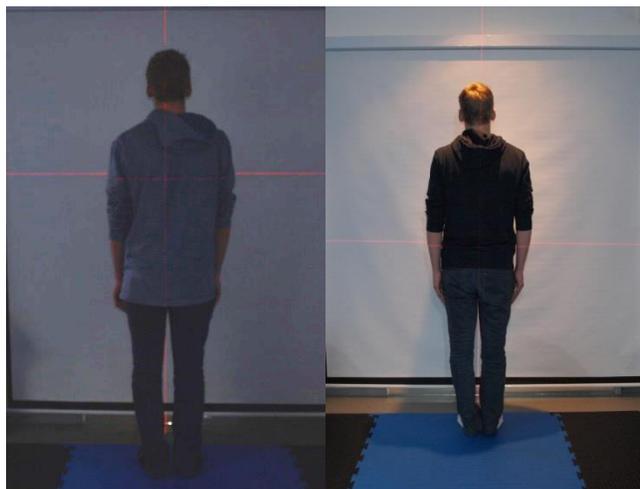
Before 1st

after 5th



Before 1st

after 5th



Mail from Jure 19.3.2014

My opinion is that sessions with Aleš helped me to feel better , more relaxed , more in control and that I have fun driving my bike and moving. I'm not nervous any more, my school is better and my sleep is perfect now.

Jure

