

Don't Be Afraid of Losing that Pain in Your Knee

by Jim Reid

There are many people hobbling around with a "bad knee" that they got from riding a horse, a bicycle, running, or stair stepping etc. Some have an old football injury that they wear like a battle ribbon. Knee injuries, even "old ones", can be fixed using Touch for Health techniques.

Three in One's barometer on the body tells us that knees are "fear of loss." Consequently, the first thing I do in dealing with a knee pain, is to identify the emotion involved which nearly always is fear of loss. Once the emotion is identified, I will do an emotional stress defusion on the issue. If it is necessary, I will do age recession to the time of cause.

Once the emotion is cleared, I strengthen the following muscles: quadriceps, sartorius, gracilis, gastrocnemius, soleus popliteus, and articularis genu. I usually strengthen the quadriceps using origin and insertion. On the others I use the neurolymphatics. The neurolymphatic for articularis genu is the same as popliteus.

I now do a ligament stretch technique from PKP with a Jim Reid twist. I ask the client to give me feedback to what feels G-O-O-O-D. I don't

mean, "that's o.k. or that doesn't hurt." I want what really feels G-O-O-O-D. I will brace on the medial side of the knee while I push gently on the lateral side of the ankle. If I get no positive feedback from that position, I will reverse it and brace on the lateral side of the knee and push gently on the medial side of the ankle. If I still get no positive feedback, I will brace on the patilla and gently lift up on the Achilles tendon. If I still get no positive feedback, I put my forearm behind the client's knee and gently push down on the ankle. Usually one of those four positions or a slight variation on them will get a positive response from the client.

Once I have the position that feels G-O-O-O-D, I have the client do temporal tapping and eye rotations open and closed while I hold the G-O-O-O-D position for three minutes. I then have the client get up and walk around and give me an evaluation of how it feels. Sometime it may be necessary to do this ligament stretch two or three times in different directions. Sometime we may have to do ligament stretch in opposite directions.

