

Case Study



Jamie P

Is a 33 year old Caucasian female who presented with CRPS/RSD. The current condition was brought on by a fall that hyperextended her knee after she had almost completely recovered from an arthroscopic surgery to repair a torn meniscus.

Duration: She was diagnosed in March, 2015 when she visited her physician after experiencing continuing severe pain, inflammation and numbness in the affected area. At the time, Jamie had been suffering from CRPS for approximately 3 months.

Ongoing Symptoms: Constant, chronic pain of varying intensity, area inflamed, hot to touch alternating with cold, purplish numbness and pain. Pain started in her knee but has spread. Numbness, severe discoloration. “red like a tomato” Trouble sleeping. Unable to work.

Previous Treatment: Physical Therapy, 5 Nerve Blocks, Morphine sulfate, Oxycodone, Cymbalta, Buspirone, Wellbutrin, Lyrica, Amitriptyline.

Treatment Protocol: 5 Daily 90 minute sessions Personalized Manual Ligament Therapy, (MLT) Stretching. Postural Analysis and Correction, Breathing Exercises.

Day 1: Patient presented with a pain level of 7/8 on a numeric scale of 1-10. (10 = extreme pain) She received the standard protocol: MLT, Stretching, Postural Work. She reported a pain level of 5 at the Day 1 exit interview though, while pain was diminished she felt soreness and some discomfort from the stretching of atrophied muscles.

Day 2: Patient presented with a pain level of 6/7 on a numeric scale of 1-10. (10 = extreme pain) though that might have been from increased activity, stair climbing, etc. She reported feeling relaxed and sleeping better after the first treatment. Also not using her cane as much and that her limp had improved since yesterday and her low back pain was lower than normal. She received the standard protocol: MLT, Stretching, Postural Work. After treatment she reported a bit less CRPS related pain but that she was sore from the stretching during treatment protocol but should be better once she has relaxed after treatment.

Video:

[Jamie Uses Her Cane Less and Less](#)

[Jamie's Leg is Better But She Is Sore From Treatment](#)

Day 3: Patient presented with a pain level of 3 on a numeric scale of 1-10. (10 = extreme pain) She reported trouble sleeping but said that it was most likely from her new condition: less pain in her leg so she noticed other aches. She related that her pain level was at its lowest in 6 months and that she had had no flare ups since her first treatment. She received the standard protocol: MLT, Stretching, Postural Work. After treatment patient reported pain level diminished and that the stretching, etc was becoming easier. She felt good and having a very positive attitude about the treatment. She described “loving” the treatment’s educational aspects.

Video:

[Jamie Has The Least Pain in 6 Months, No Flares](#)

[Treatment is Good Pain, Education Very Helpful](#)

Case Study

Jamie P (con't)

Day 4: Patient presented with a pain level of basically 0 on a numeric scale of 1-10. (10 = extreme pain) She reported a little pain only when she went up the stairs. Patient reported much improved flexibility in her leg, increased range of motion without concurring pain as before. She received the standard protocol: MLT, Stretching, Postural Work and swam in the pool for an extended period. After treatment she reported no pain though there was some discomfort as the therapy included stair climbing and that was quite a challenge. She reported being happier.

Video:

[Jamie Greatly Increased Her Activity Level](#)

[Much Greater Flexibility in Her Leg](#)

[How Program Helped Her Psychologically](#)

Day 5: Patient presented with a pain level of 0 on a numeric scale of 1-10. (10 = extreme pain) She reported going shopping and visiting two stores for the first time in 2 years and being able to keep up with her family which she expressed as “amazing”. She received the standard protocol: MLT, Stretching, Postural Work. Patient reported a pain level of 0 and emotionally described her progress and expressed her gratitude and mentioned that she “felt her age again.” She reported that she hadn’t felt like this in years and that it was nice to be naturally out of pain. She would recommend the Gohl Program to anyone saying that there was hope.



Video:

[Two Years Since She Felt Like This](#)

[In Just a Couple of Days What I Can Do](#)

[There Is Hope, You Don't Need Meds](#)

[Starting to Feel Her Age Again!](#)

More Results from The Gohl Program

Here are two links to short montage videos that follow 6 patients, including Chelsi, through their Gohl Program Healing Retreats.

<https://youtu.be/avy07ULGFyM>

https://youtu.be/8gsb9nidx_E