



## **– Embodiment Case Study –**

**The client's name:** V. (she)

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### **Medical history / Anamnesis**

V. was born in Budapest on 24.02.1953. At birth, the umbilical cord wrapped around her neck, but did not cause any damage. She had dysentery at the age of 3. At the age of 10, her tonsils were removed. She had no other surgery or broken bones. As far as she remembers, her motor development went on normally. She gave birth to 2 children, both were delivered naturally. She had a stroke on 12.04.2017. It was detected in time, the ambulance quickly took her to the hospital, where she immediately received an infusion. This made her feel much better that day, and the next morning at 6 am she went to take a shower, and that's when she had her second big stroke. Then her right side became paralyzed and she couldn't even speak for 3 months.

**Her diagnosis:** cerebral infarction, one-sided spastic paralysis, prophylaxis, aphasia, high blood pressure, insulin-dependent diabetes with k. m. n. complications. She received rehabilitation and went home in a wheelchair in August. After that, a speech therapist started visiting her almost immediately. Later there was an occasion when she fainted while travelling in a car, and was examined with suspicion of epilepsy. She is on two medications for high blood pressure and epilepsy. She also injects herself in the stomach with insulin. Her



legs and feet swell, and there are lymphatic circulation disorders. She also had St. John's wort. For a while, they roll bandaged her in the hospital every day. She had numbness on the affected side, pains and cramps in her right leg and arm, in addition, she had sleep problems. After the stroke, she started attending a Ronnie Gardiner method, drum therapy. She is also doing a therapy called ARNI, which is a specific stroke rehabilitation method. For half a year, she has also been receiving therapeutic eurythmy once a week, as well as rhythmical massage from me once a week, for almost a year now.

## Results of the reflex tests

There was no deviance in ATNR reflex on all fours and in standing position either, 0 point

In the STNR reflex, when looking up and looking down in the quadrupedal position, the sacrum section became very minimally concave and the right hip moved slightly forward. The arms and everything else remained fixed and stable. 1 point for the minimal movement of the back

In the TLR reflex, there was a minimal displacement, a very slight circular movement. 1 point

In the MORO reflex, there was no difference either in standing position or in lying position. 0 point

In the case of the GALANT reflex, no abnormality could be observed when running a finger along the back. 0 point

## Sensory test results and observations

**Chicken step:** She could only do it by holding on to something, while leaning to the right side and forward a little stronger than slightly. Her right hand was out to the side to help with balancing.



**Bear walk (outer foot):** This she should also only do by holding on to something. There was also a slightly stronger lean to the right and forward, the right hand was held out a bit again to maintain balance.

**Standing on one leg:** This didn't work at all, we did it in front of a rib wall, she had to hold on to it. She was very unstable when standing on her right foot, and she could balance with less effort when standing on her left foot.

**Hopping on one leg:** this didn't work at all with either leg.

**Catching (bean bag, ball):** I threw a bean bag to him in the first round, she caught it first with the palm of her hand, the fingers closed a little slower on the bean bag after it reached the palm. Some physical forward movement was observable during the catch. Then she caught it with both hands, this time also with her palms, so the fingers grasped the bean bag even more slowly after reaching the palm. A forward movement was also observable. When I threw to her other types of balls, I could observe the same tendencies.

**Picking up a bean bag with the foot:** Picking up was done with the left foot in a way that she was sitting on a chair. The toes moved well. On the mouth, the upper lip moved forward while concentrating. Also sitting, she couldn't pick up the bean bag with her right foot. While trying to pick it up, her whole body, arms, head, mouth were all moving. She could not control her right leg, moving her toes is difficult for her.

**Eye movement:** when moving up and down with the eyes, the head also moved slightly, when moving left to right and in the case of the lemniscata, there was no head movement.

**Mouth, tongue movement:** The liprounding went well. The right side is stuck when smiling big. The circling with the tongue went well from left to right. She had difficulties in the other direction, the tongue movement was much more fragmented. Reaching the nose was difficult, the movement itself, touching the chin, was easy. The tongue went from one side to the other well. During the tongue exercises, the head moved slightly, the eyes were normal.

**Head position active, passive:** There was no problem with the head lifting. In the case of passive head lifting, when I lifted the head with the arms, the head followed the movement nicely.



**Crawling:** It was quite difficult, the opposite limb movement did not work. She stepped forward with her hands first, then the legs followed the movement.

## Summary of my practical work

First

week

Working with Vera lasted for 6 weeks, I went over to her almost every day on weekdays and helped her with the execution of the movements. I had to correct her here and there and accompany her throughout the process. It was only possible to move with her slowly, step by step at the beginning, as she has serious physical limitations in her movements. I set my attitude to our work as if I were going to work with her for a year - I tried to build up the practice sequence with her. I put the emphasis on the sense of balance, the sense of touch and the STNR and TLR reflexes, and I tried to gradually build up the exercises accordingly.

We started the work on 8 January, the first time I only did the windmill with her. At the beginning it turned out that she had serious difficulties in going down to the ground. She couldn't even kneel on the ground by herself, I had to help her, she was holding on to my hand with her left hand - that is her intact hand, her intact side. Her knees and right thigh hurt a lot when we went down to the ground, but when she was in the windmill position, the pain eased after a few minutes. When she had to get up, she could only do it with her left leg, because she couldn't put any weight on her right leg. She couldn't get up with my help, she was afraid that she would fall, and her knees hurt a lot. Thus, for the first time, she pulled herself up on her own on the rib wall and stood up.

In the next four days, we started to do the exercise series properly from the beginning. With my help, she went down to the ground, then into the little mermaid position. Walking backwards with her hands was not easy for her, but she was very enthusiastic and did her best. Then we did the turns, then she went back to little mermaid and then lay on her back. Then the pads came in under the head and waist and we did the head turning exercise three times. At the end she put her legs down and took three deep breaths. Then she did the left



knee grab with the right hand and the head turn, three times in both directions. She could balance nicely with her legs up. After that, I took out the pads and we moved on to lying on the belly. Here she did the head lift three times, then the head side turn three times. Then came the windmill, but I had her do it in both directions, helping her to minimize the pain. At the end, there was the incarnation closing, and then we stood up. It took a lot of convincing that she could do it, that she could get up with my help, too. Finally, she took my hand with her left hand and with this counter-force she was able to stand up.

In the first four days, we only did the exercises on the left side, because it would have been too much for her to do on both sides. Also, I chose the left side because she could only stand up at the end of the exercises by leaning on her left leg. In this first week, by Friday, her knee pain had subsided, she was no longer in constant pain, and she had much less pain during the exercises, too.

On the last day of the first week, on Friday, she did the practice sequence on both sides. Going to the ground, little mermaid, lying on the back turning the head to the side, then lying on the belly raising the head, windmill, incarnation and standing up. After the right side, she was able to stand up with my help. Then, at the end of the other side, she could only stand up with the help of the rib wall and I also had to lift her up by her bottom, because she had no strength left.

## Second week

In the 2nd week, we did the same exercises. Her knee pain gradually eased. At the end of the exercises, the standing up was aided solely by me, we didn't have to go to the rib wall. She had to be helped several times with the sides. If she had to turn to the left, she wanted to start on the right. Lying on her back, she had difficulty keeping her right palm upwards and opening it. The grasping reflex on the right side was very active. She still had to pay close attention to her pace, because she did the exercises quickly, in a hurry and with big movements. She often had to be reminded to do them slowly, with smaller ranges of motion.



### Third week

By the 3rd week, her legs had got so much stronger that she was able to get up on both sides with my help, there was no longer any question as to whether she would be able to do it or not. She started to sleep much better, her night cramps had almost completely disappeared. She became much braver in walking, felt more stable in her balance. As she walked one round between doing the two sides, there was no need to hold on to the wall or cabinets. The numbness in the legs and arms had eased a lot, and had almost completely disappeared. The speech therapist saw a noticeable improvement in her writing and speaking. This week I brought in a new exercise: lying on your back you embrace both legs and lean to the side with both body and head. It went surprisingly well for her, she could hold herself, her balance very well when tipping to the side. She only needed a little help. With her right hand, she had difficulty holding on to her knee, her hand kept slipping off it. She can't really control her right hand. Lying on her back, holding her left knee with his right hand, her face tensed up and the right side of his mouth hung slightly downward during the exercise. Turning to the right side in the windmill she felt pain in her side, but after a while it eased and she could relax into the position. In the incarnational position at the end, she indicated that she could only imagine the incarnation until her waist - that's where things got stuck, she felt.

We usually did the exercises with her in the afternoon and evening. In the morning period her body was not used yet, and doing Embodiment was stiffer and more painful for her.

### Fourth week

In the 4th week, I started a new exercise, the lemniscate drawing with the nose both lying on the back and lying on the belly. Even with this exercise, she had to be held back a lot because she was in a hurry. By the 4th week, she could feel the entire thigh muscle on the left side more and more when standing up. At the beginning, she only felt the muscles working around her knees when she was standing up, but by then she could feel the muscle strength in her whole leg. Her legs had got a lot stronger by the 4th week. In the windmill, her right side still hurt, but



she felt the windmill exercise was very effective, because she felt that her right heel was starting to come down to the ground more and more.

#### Fifth week

In the 5th week, I did not introduce any new exercises. I tried to make her do the existing exercise series in an even more concentrated way and perform the small movements more attentively. By this time, she was doing the exercises more and more skillfully, and she corrected herself nicely in several cases. Her right arm and leg continued to hurt during the exercises and in the windmill, but by the end of the 5 minutes spent in windmill position, the pain had almost completely disappeared. After doing the two sides, she had an increased body awareness, and by the end of the exercises, every part of her body got used to it and got better. She felt her left thigh getting stronger and felt that she was working more and more from her thigh muscles.

#### Sixth week

In the 6th week, I didn't change the existing exercises either, we deepened the execution, I put the emphasis on the basics and that the turns are done well. That in the little mermaid she should stop for a bit, then her spine should twist as much as it can during the hand walk and only then should her legs follow. This week, she started to feel her right thigh was getting stronger as well.

In summary, the noticeable change during these 6 weeks was that Vera's sense of balance became more stable, and the feeling of fear in her head of walking was transformed. Both her legs and thighs became much stronger, her sleep became much better, the numbness in her arms and legs disappeared, her speech became more articulate and coherent. The pains during the exercises now last for a much shorter time, her movements have become more flexible and mobile. The whole person has become more balanced overall.