



# Helping Debbie Dance Again

A case history highlighting the benefits of taking a complementary approach to pain management  
By Dr Patricia Ridsdale and Dr Ruth Dyson

# Outline

- Summary of a shared patient cared for first by Patricia (Homeopathy, acupuncture and integrative medicine approach) then later supported by Ruth (Hypnotherapy and ongoing IM)
- Care based at The Natural Practice, Winchester – practice based on natural medicine, holistic approach, using complementary and alternative therapies.
- Outline of case history
- Discussion of modalities used and support offered.
- Outcome

# Case history

- Debbie started to develop pain R scapula 2019 in her mid 50s, fall onto R hip.
- GP/Orthopaedic/Pain specialist consultations → multiple meds incl opiates.
- GI bleed due to NSAID.
- Injections (hip/facet joint) marginal or no benefit.
- By 2021 dependent upon opiates, pain and side effects stopped her working as dance teacher and her recreational dancing. Struggling with ADLs.
- Associated symptoms fatigue, constipation, low mood.
- Weight gain and worsening control of T2DM.
- Past hx CVA, GF age 18 rs, cholecystectomy and past gynae surgery.

# Acupuncture, homeopathic and nutritional support

- More detailed case history to understand background - significant traumatic event age 11 years, suppressed grief from mother's death, understanding her as a whole person.
- Acupuncture, CoQ10, homeopathic (natrum mariaticum, hypericum)
- Initial follow up - felt "uplifted", sleep improved, pain ongoing. Repeated rx above.
- By 1/12 felt ready to reduce medication, GP/pain team supportive.
- Vit D and B12 found to be low – replaced.
- Ongoing support with acupuncture (stretched to monthly sessions) and homeopathy → pain improved, reduced meds, diet improved.
- Able to dance again with her husband 😊

# Hypnotherapy, nutritional and lifestyle medicine support

- Still feeling some pain but able to self-manage and pace herself, motivated to improve physical health.
- Recognised connection between physical health, mental health and pain.
- Shared care with RD – patient goals of weight loss, improved fitness, reduced pain.
- Hypnotherapy – healthy dietary choices, reduce cravings/overeating, healing body, improve energy levels, motivation to be active, good recovery, pain management.
- Dietary advice – anti-inflammatory and blood sugar balancing approach.
- Psychological support – self-compassion, acceptance, gratitude, understanding pain mechanisms.

# Outcome



- Ongoing acupuncture and homeopathy, combined with hypnotherapy and lifestyle medicine helped Debbie to achieve her goals.
- She's now back to teaching and recently completed a week's intensive course with a Strictly pro!

# Conclusion

An integrated, whole person approach can play a huge part in chronic pain management, which is a massive problem in healthcare today.

Opioids, alongside other dependence producing medications, are often ineffective and can be counterproductive in chronic pain management.

Involving the patient in understanding their own journey, treatment choices and in supportive follow up can change the journey and outcomes for all.

The therapeutic relationship and shared decision making supported at a psychological level and helped Debbie to feel more in control of her pain.

The identification of nutritional deficiencies and appropriate supplementation shifted obstacles to cure and supported the body's readiness to heal.

Aiming to manage pain/fatigue such that Debbie could enjoy her dancing again, without unrealistic expectations, facilitated a virtuous circle of improvement.