



# Long Covid Case Study

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# Sabine K., 49 years, Marketing Manager

## Personal information

- Married, 2 teenage boys
- Martial artist, green belt in Kickboxing

## First impression

- Very active person, laughs a lot, speaks fast
- Good memory of the aetiology of her disease as she was writing a Corona diary

## Sabine K., 49 years, Marketing Manager

### Current Long Covid Condition

- Smell and taste: sometimes she smells rancid butter, a lot of things taste different and her sense of smell is less sensitive
- Eyesight got worse from 11 to 11,5 diopter, she has an age-related long-sightedness and is not seeing well in the evening
- Aphasia, word finding disorder

## Sabine K., 49 years, Marketing Manager

### Current Long Covid Condition

- When doing sports on high pulse, she's not getting enough oxygen, but has no difficulty in breathing in her daily life
- She has additionally sore muscles in her shoulders and neck from home office as well as tension in the thoracic spine
- Arthritis (fingers of the right hand) got worse shortly after her sickness and another increasing episode followed 3 weeks ago

## Course of disease

October 2020

- She got infected on 26th October, first symptoms appeared 5 days later
- Started with dry coughing for 1 ½ days
- Followed by headache (whole head) and lower back pain
- Cold without secretion, nose wasn't blocked, but pressure and sore of the sinuses
- Loss of taste and smell and no appetite for 2 weeks
- No temperature at all

# Course of disease

November 2020

- A phase of total exhaustion followed, she could only sleep for almost 1 week
- Quarantine lasted until 5th November, her first day at work was at November 9th
- Cognitive disorder for 1 week: She couldn't understand the meaning of short e-mails or couldn't even catch the first line of a book

## Course of disease

Dezember 2020

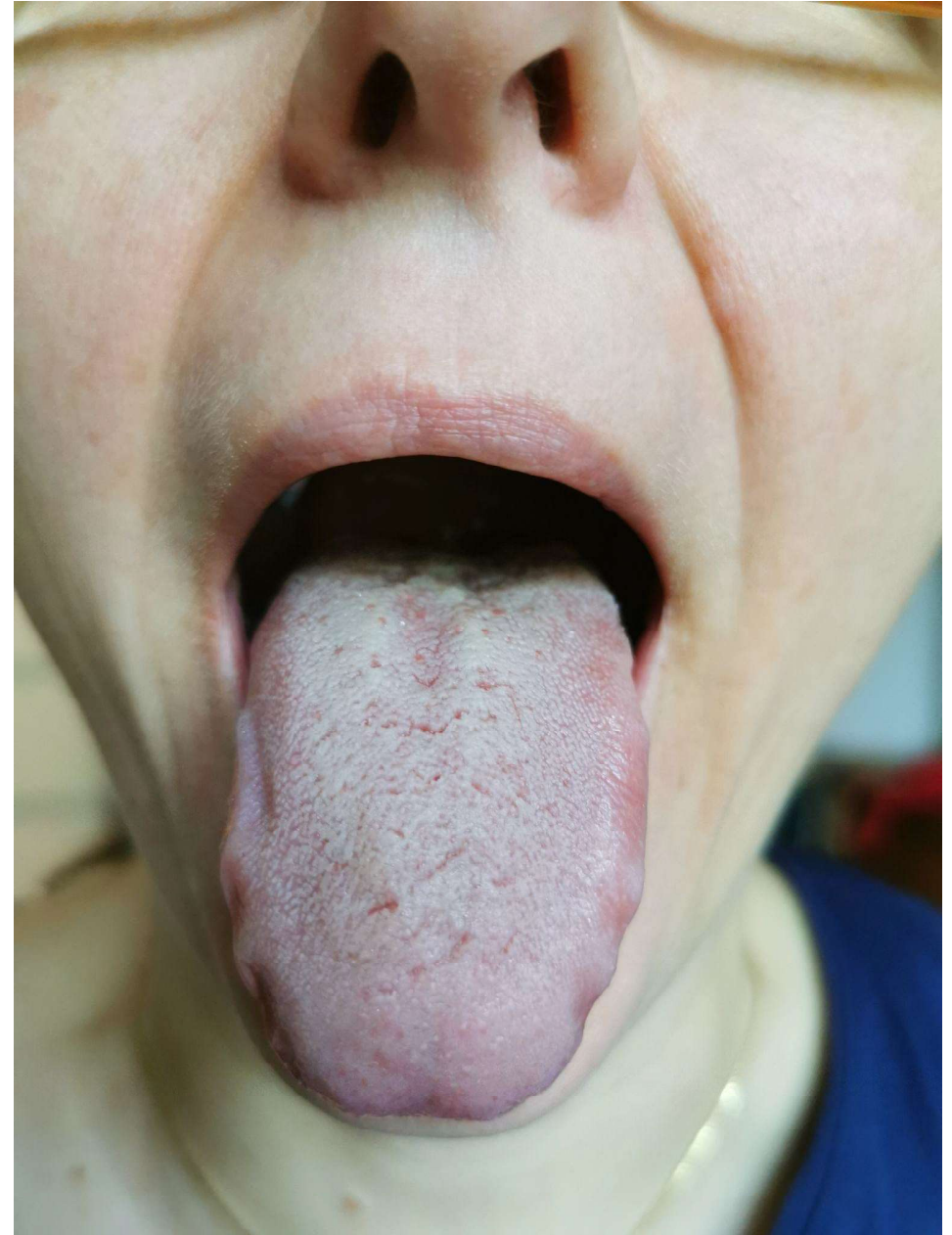
- Pulmonologist tested 90 % of lung function, no further anomalies

Since January 2021

- Sport increased her well being, 10 to 20 hours for sport activities are possible again, mostly she goes by foot

## Tongue body & coating

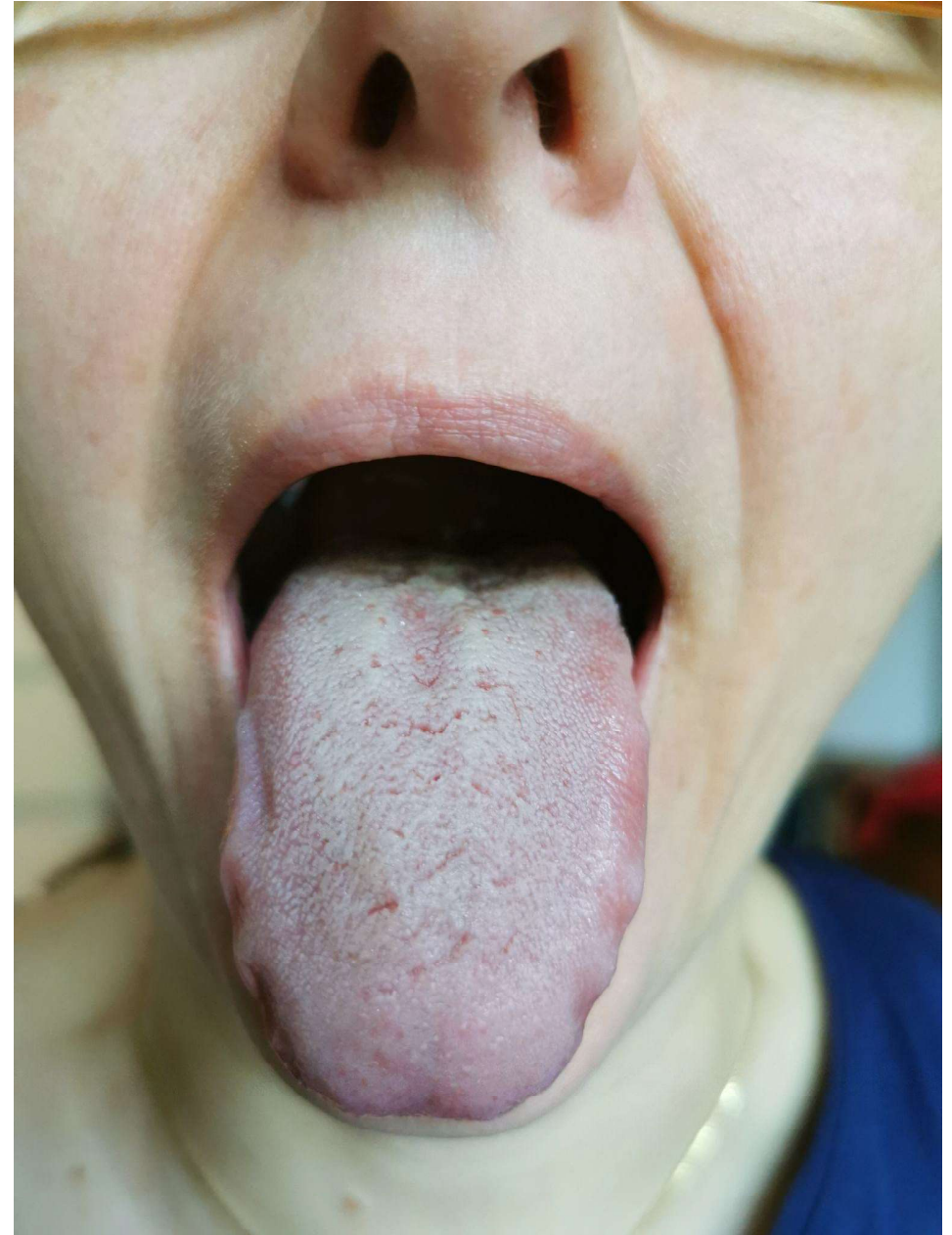
- Long, vital, V-shaped - Yang constitution
- Contracted root - Kidney Yin deficiency
- Tends to be pale, swollen with teeth marks on the side - Spleen qi deficiency
- Pale sides - Liver blood deficiency





## Tongue body & coating

- Dry, white, tends to thicken in the lower burner - accumulation of dampness in the middle and lower burner
- Horizontal cracks - depletion of liquids
- Red tip with red dots - heat, heat toxins in the heart



# Tongue sublingual veins

Thick, dark - severe blood stagnation in the middle burner



## Pulse interpretation

Upper burner empty

Middle burner slippery, rapid

Lower burner empty

Indicates Qi stagnation between the upper and middle burner



## Additional information

### Thirst, Eating Habits

- Rarely thirsty, even before her infection with Covid-19, prefers cold sparkling water
- Eats more sweets than before, new is a strong appetite for dark 80 % chocolate

## Additional information

### Medication, Pre-Existing Issues

- She doesn't take any meds
- 2015 Hysterectomy due to a fist-sized myoma
- A high family-related risk for eye- and stomach diseases like cataract, glaucoma, stomach cancer, gastric perforation
- Sleeping disorders with awakening several times per night, but no specific dreams

# TCM diagnosis

- Underlying spleen deficiency due to liver- and gallbladder qi stagnation (stress, frustration) followed by secondary damp heat (wood controls earth)
- Remaining dampness in the sinus area, which is probably the cause of her smell and taste disorder and aphasia

# TCM Therapy Guideline

1. Clear remaining heat and toxins in the upper burner
2. Eliminate dampness and mucus in the thorax
3. Ease stagnated Liver and Gallbladder qi
4. Eliminate blood stagnation in the middle burner
5. Reinforce Taiyin function: support Spleen qi and Lung qi



7th May 2021, 1st session

1. Clear remaining heat and toxins in the upper burner

Gua Sha on the cervical and thoracic spine, on the trapezius in the area of Gb 21, on the shoulder blade and the intercostal muscles





7th May 2021, 1st session

2. Eliminate dampness and mucus in the thorax

An Rou Fa (circling kneading) along the Gallbladder and Stomach meridian at Gb 30, Gb 34, Ma 40, Gb 40, Gb 41 - all of those acupoints were painful!



7th May 2021, 1st session

3. Ease stagnated Liver and  
Gallbladder qi

Na Nie Fa (grab/grasp, press) of  
the hip- and leg muscles



7th May 2021, 1st session

4. Eliminate blood stagnation in  
the middle burner

An Rou Fa at BI 17, BI 18, BI 19

Shu points of diaphragm, Liver  
and Gallbladder



7th May 2021, 1st session

## 5. Reinforce the Taiyin Function

- TDP lamp at the lower back (warm Kidney Yang)
- An Rou Fa (circling kneading) of BI 20 (Shu point of the spleen)
- Gun Fa (rolling) on the lumbar vertebrae

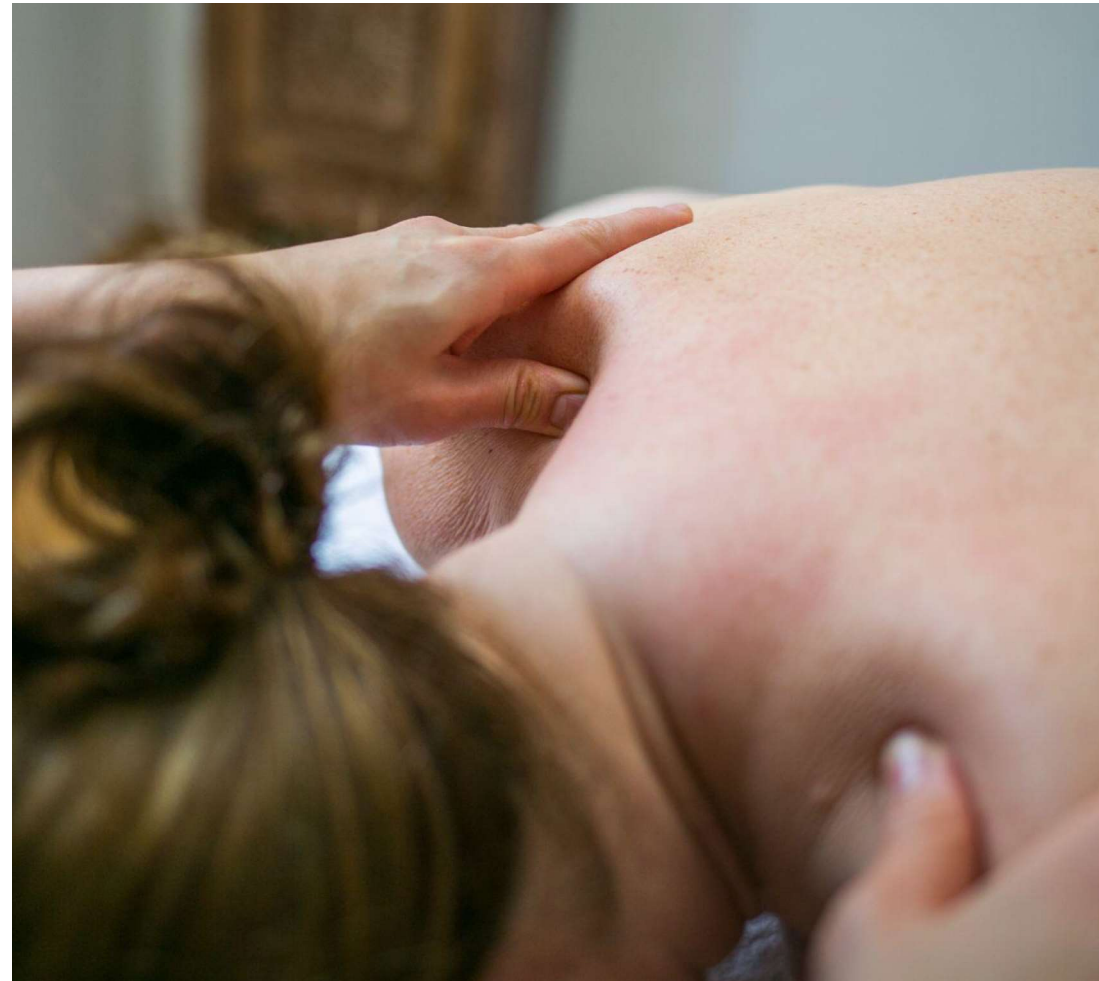




# 7th May 2021, 1st session

Muscular tensions of the shoulder girdle due to bad posture

- An Rou Fa (circling kneading) of Gb 21 to lower rebellious Lung qi and Bl 13 to relax the cervical spine
- Yao Fa (rotating) of the shoulder with An Fa (pressing) at Lu 1 (painful point)



## 11th May 2021, 2nd session

- Gua Sha on the sternum, below the clavicle and breast to eliminate remaining heat and toxins in the upper burner
- Cupping Ren 17 and Lu 1  
- Lu 1 shows signs of dampness



11th May 2021, 2nd session

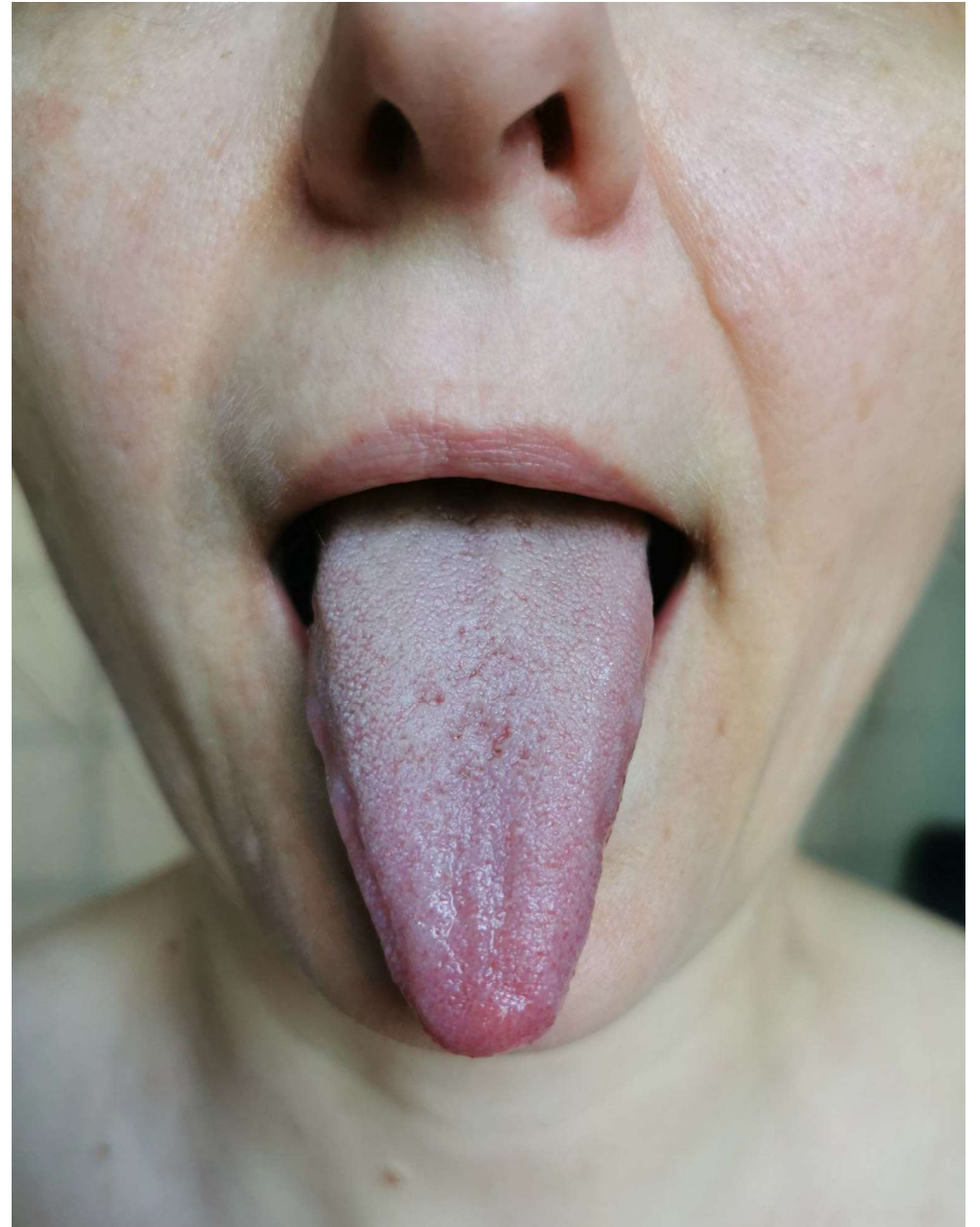
- Moxa on Ki 1 for 10 minutes
- Support Kidney qi to grasp Lung qi
- TDP lamp on Ren 8 to warm Kidney Yang



# Feedback, Improvement

- On the same day after the first session her breathing increased and she felt very relaxed. She was able to sleep on her right side again, which she couldn't for a long time due to breathing issues and palpitations. This condition lasted for 3 days
- Her word finding disorder is still present, but got better. Similar feedback after the second session and ongoing good condition
- Sleeping on her right side works well at the moment
- Her pulse changed into a moderate speed and volume in all levels













**Thank you for your attention!**

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