

Thought Field Therapy for Recovery from Major Surgery

by Diane Coleman Rogers

My husband Ray had hip replacement surgery a few years ago. I traveled with him to Los Angeles for the surgery to provide him comfort, support, and logistical help with his recovery.

Unfortunately, after surgery he had a major problem with his recovery, mostly due to bad reactions to the anaesthesia used during surgery and the pain medication used afterwards.

When we came back to Los Angeles in 2012 for surgery to replace his other hip, we were dreading the recovery process. We warned the doctor that he could not tolerate opiates and that even though we knew the pain would be significant during recovery, we wanted to minimize the use of pain medication.

Surgery went well, as before, and the first day of recovery (the day of surgery) was fine. That was because he was still plugged into the epidural medication that blocked the pain. But at the beginning of day two of recovery, when the epidural was removed, things went downhill fast.

Although he was supposed to do physical therapy on day two, he could not get out of bed. He had a bad headache, nausea, dizziness, and pain in his hip. The headache and nausea were probably caused by the toxins in his system from the anesthesia and the pain medication used on day one and first part of day two. So there was no physical therapy on day two.

This caused us great concern, since we were scheduled to fly back to Michigan on day four. We had only one day left before his scheduled release from the hospital and he couldn't even get out of bed. So I rescheduled our return trip for day five instead of day four.

On day three, when I arrived at the hospital, I was in a near panic. He was now off the pain medication, so his mood was more than cranky, to say the least. When I asked him about getting out of bed, he snapped back, "No, No, No." His head hurt, his hip hurt, his stomach was upset, and he was depressed.

The night before, my brother Tom had explained to me a little bit about Thought Field Therapy (TFT). He said that he worked with a psychologist who used TFT in her treatments and who taught others to use the therapy as well. He suggested that I should speak with Dr. Nora Baladerian and that perhaps she could instruct me on the tapping sequences relevant to surgical recovery: removal of toxins, pain, anxiety, and nausea.

When I saw how bad Ray was on day three, I started to feel depressed and anxious. If we lost another day of physical therapy, and if he remained in pain, how could

we ever fly home? So I contacted Nora for help.

Nora called me and as I was sitting in my husband's hospital room, she explained the background of TFT so I could understand a little more about its basis as a therapeutic process and how it worked. Then we identified the problems -- toxins, nausea, head pain, and hip pain -- and she explained in detail, step by step, the tapping sequences to treat each condition.

I wrote each process down for later use. While we were doing this, my husband was out of the room having some x-rays done.

When my husband returned to his room, we talked about his condition. Nothing had improved. He, and I, were desperate.

I told Ray about my conversation with Nora, about the use of TFT for surgical recovery, and asked him to try this process. At this point, he was so upset and frustrated that he was willing to try anything.

So we started the tapping sequence for toxins as the first step. Then the sequence for head pain. Then for nausea. Then for hip pain. We did some of the procedures more than once.

After we completed the TFT sequences, I had Ray relax by listening to some soft and soothing music as I sat next to him in silence. After a few minutes of rest, the physical therapist entered the room. Ray was her last patient for the day. The therapist was expecting Ray to resist and for another day of recovery to be wasted. But much to her surprise, Ray indicated that he was ready to give it a try.

Ray struggled to get himself to the side of the bed. He was able to do most of this movement on his own. This alone was amazing, since only a few hours earlier, it took three nurses aides to move him to the side just to change his bandage.

He got out of bed and propped himself up on crutches. Within minutes he was walking down the hallway, getting exercise. The heads of the nurses almost snapped off when they turned to see him walk by the nurses station. His headache was gone as was the nausea. His hip pain was manageable. He was feeling so much better that he wanted to do a second round of walking, but the therapist suggested that he go back to his bed rather than over exercising on the first try.

Ray asked me to thank Nora for her help. I called Nora to report about the amazing results of the TFT treatments. We could hardly believe the night-and-day change brought about by this "tapping therapy."

I have only one thing to add about our experience with TFT therapy. "Hip Hip Hooray!" ♦♦♦

