

Child Migraines and CranioSacral Therapy

By: Melody Lee

Personal: Lisa

Age: 12

Sex: Female

HISTORY

Symptoms

- Tired
- Daily headaches - migraines
- Mood swings
- Pain in R shoulder, neck and bilateral legs
- No muscle strength
- No energy to bike, walk or participate in PE at school

Pertinent Medical History

- 2013 - Diagnosed with scoliosis ("Before that she was a healthy, happy girl. Always outside playing.")
- 2013 - Diagnosed with intestinal parasites (Obtained during years abroad traveling with her family due to her father's work related travels in other countries, i.e., Japan, Germany, Taiwan, and Viet Nam.)
- 2002 - 6 months old, trouble taking deep breathes

How long treated by others; frequency and type

Holistic Chiropractor

- twice a week for 2 months - Herbal supplements for eradication of parasites
- dietary restrictions (sugar and gluten free)

Chiropractor

- 2 times per week for several months (back brace for scoliosis)

Orthopedic Doctor

- every 6 months for monitoring scoliosis for several years

Evaluation

I began with Whole Body Evaluation before Lisa lied down on table. Then Arced to determine which areas of her body needed to be worked on first. The most pronounced and primary area was her pelvis. Since it was her first visit, I decided to begin with a shorter version of the 10-step protocol due to time restraints. During the pelvic diaphragm release, I noticed that her pelvic area felt very tight. There was little to no movement in her pelvic floor or her sacrum. I also noticed an imbalance in her right shoulder and both hips.

Findings

- Energy cysts in pelvis and right shoulder
- Shallow respirations
- Decreased ROM neck: flexion-extension, rotation
- Decreased ROM right shoulder
- Leg length discrepancy - Right shorter than Left

Treatment

- 1) Pelvic Diaphragm Technique (10-step protocol) - the sacrum released and dropped into my posterior hand.
- 2) Positional Tissue Release bilateral lower extremities - release of energy/heat from right anterior hip as right leg began to unwind with a ratchety sensation
- 3) Positional Tissue Release right shoulder - disorganized local energy noted, tissue at shoulder and neck began to soften
- 4) Treatment of Facilitated Segment - softening of muscle tissue noted between C3-T3
- 5) Occipital Cranial Base Release - improved mobility of the occiput

Tools used

- Arcing
- Whole Body Evaluation
- 10-step protocol
- DOE - Direction of Ease
- Positional Tissue Release
- Vectoring
- Occipital Cranial Base Release

Objective Results

- Leg muscles began to unwind in both legs and lower back with leg length becoming more even.
- Increased ROM (range of motion) in both legs and left shoulder.
- Improvement in scoliotic curve as noted by more erect posture and client's back beginning to touch table when supine.
- Improved excursion of ribcage noted with deeper respirations

Subjective Results

Lisa states her headaches and migraines are less frequent. She also stated to her mom, "Is this how normal people feel?". After 5 CST sessions, she said she started playing sports, specifically basketball (which she had never had the stamina to play before). Lisa also stated that she won the "Presidential Award" at school for exercising.

Average length of sessions 1.5 hours

Number of sessions - 12

Cost of therapy prior to CST use - \$2,000.00

Cost of CST therapy - \$1500.00