

Ear Infections & Head Trauma and CranioSacral Therapy

By: Phil Robison

Personal Information: Ryan, Male, age 7

History: Ryan was prone to ear infections as a baby. When he was 18 months old he was hospitalized briefly with a temperature of 105 degrees and double ear infections. In early February 2002 Ryan fell approximately six feet and landed with a major impact on his head and neck. Within six weeks his parents noticed he was having difficulty hearing normal conversation. Ryan's parents believe in alternative medicine, and were referred for CranioSacral Therapy by a local practitioner.

Evaluation & Treatment: I evaluated Ryan with arcing and found his neck to be quite compressed at C1. Also, his temporals were very tight, particularly on the left side. The left side infra- and suprahyoids were full of muscle tension. I worked with Ryan on a weekly or semiweekly basis for six sessions. The average length of the sessions was 40 minutes. I quickly developed a pattern of decompressing the sacrum/L5 area, then working with the neck and head. The first session was a basic 10-step protocol with much of our time spent decompressing the occiput/atlas area. I worked Ryan's palate in the second session and began gentle intraoral work with the tongue in session three. Session four included a neck area Regional Tissue Release with the head supported off the end of the table and more intraoral work with the supra and retrohyoids. Session five was the most challenging for Ryan. I worked each clavicle to free it from the first rib and allow full range of motion. The right side was more difficult to release. I also worked along the left side of the tongue - an area that was very tender for Ryan and the work brought tears to his eyes. The last session was more whole-body with attention to the parietals and temporals, the jaw, and the suprahyoids (working externally). Ryan was adamant that he didn't want any more work inside his mouth.

Results: Within three days after the initial session, Ryan's hearing returned to normal. He reported that his neck felt better after many of the subsequent sessions. He has had no further symptoms.

Summary:

Length of Sessions: 40 minutes

Number of Sessions: 6