

## Edema and CranioSacral Therapy

**By: Rebecca Ridge**

**Personal Information:** Client 3 "A" **Birth date:** 7-28-43 **Sex:** Female

**History:** Currently on HRT, thrombosis in legs 1966 and also 1988, Fell down stairs 1983, Car accident whiplash injury 1995. Surgery fused L4 and L5 6 months ago, 1996. Has problem with bicuspid valve in heart. Pain in neck and arms. This woman also works 6 days a week 8 hours a day managing a deli with her husband. There are high counters to serve over and standing on cement floors. No previous treatment other than some massages by her daughter.

**Evaluation:** This is a very sickly woman, edema in her legs and ankles, neck and heart, key areas of tension and pain, She does swim and aquatic therapy which helps her tension and stress to a degree.

**Tools used:** 10 step protocol, Positional release, massage, reflexology and SER.

**Objective results:** In 10 step protocol, I treated all of the diaphragms and found very restricted fascia in the thoracic diaphragm, tension in the pelvic diaphragm and very little movement in the diaphragm muscle, the suboccipital muscles are tense and strained and the occiput and sphenoid are restricted in their movement. A left torsion in the sphenoid and temporal bones are also restricted. Treated with Positional release the right scapula and the muscles of rhomboids, and the trapezius, Treated with visceral manipulation for the stomach, small intestine and liver. This eased some of the pain around the heart and chest. Also treated the heart meridian and large intestine meridian to release the tension in the upper thoracic and arms. Used reflexology on the feet to increase circulation to the nerves of the heart and viscera and ease the tension in her sciatic nerve.

**Subjective results:** Treated with SER and found she had the image of a knife in her heart, a tidal wave of emotion and holding onto her fears of death, as well as deep sadness and grief concerning her children and all of their fighting, she plays the family mediator and feels very exhausted with trying to keep the peace. Her body is filled with energy cysts particularly in the lower lumbar and around the uterus. She has serious bladder problems and also bleeding in the uterus, following some of these treatments. Explored issues of anger in her relationships with husband and children. Found a safe place for her where she can begin to take more self-care and begin to connect with her own inner physician. She slowly can hear the inner physician's suggestion to take a Holiday or die young.

**Length of treatments:** 1 and 112 hours

**Number of sessions:** 12