

Left Shoulder Pain and CranioSacral Therapy

By: Phil Robison

Personal Information: Amy, Female, Age 30

History: Amy's left shoulder began bothering her about a year before she came to me. She experienced lots of shoulder tension and pain underneath her left scapula, at times excruciatingly painful. In the six months prior to seeing me she saw a chiropractor multiple times and also worked with a physical therapist. Neither treatment brought relief. She did yoga and worked with her yoga teacher to find stretches to alleviate the pain, but the effects were not consistent. Amy is a professional actress in a major city and the pain was both debilitating and potentially career-threatening. A family member convinced her to give CranioSacral Therapy a try while she was vacationing here in Helena.

Evaluation & Treatment: I initially evaluated Amy with arcing and found significant compression in both sacroiliac joints, with the right side more pronounced. The occiput/atlas and the sacrum/L5 joints were mildly compressed. The area under the left scapula had an active energy cyst. When I later stretched the dural tube I found facilitated segments at T6 and T4, the latter connected to the left shoulder energy cyst.

Treatment consisted of two sessions, each 90 minutes long. In the first treatment I worked her left knee and left hip, then her right iliopsoas connections into the top of the leg and groin before decompressing her sacrum/L5 and SI joints. The occiput/atlas took some time to release. The second session focused more deeply on the right SI and abdomen and mobilized the skull bones, particularly the sphenoid. A Regional Tissue Release with the left arm resulted in a change of position from supine to sidelying on her right side with her left arm twisted up behind her back. The energy cyst called for very deep pressure under the scapula, which put Amy at the edge of her pain tolerance. She said she knew this was connected to her family but didn't want to talk about it, so we continued without any further questioning on my part. The pressure under the scapula and simultaneous touch at T4 worked to release the energy cyst and brought considerable improvement in her range of motion.

Results: Amy later reported mild soreness in the left scapula area the next day, but the deep tension and pain had completely disappeared. Recently I contacted her again and she reports that her shoulder has not bothered her in the same way in the two years since her last treatment. Rarely will it get a little tight, but stretching alleviates it immediately. She writes: "It was one of the most memorable experiences of my life to be honest, due to the trauma and healing that took place in such a short period of time... It has completely freaked me out... It was definitely intense and scary, though, because we didn't have much time to get to know one another, but I'm very grateful that we pushed through so much so quickly... I would not say I am very experienced or even open to the kind of healing you perform but it helped me beyond words."

Summary:

Length of Sessions: 90 minutes

Number of Sessions: 2