

Athletic Pubalgia and CranioSacral Therapy

By: Herbert M. Carty, MT,CST

Personal Information: 16 yrs old, Male

He is a student in a very demanding school here in Lima, where he is between the first of his class. He is the oldest brother of 3. He is having extra hours of school because he is the leader of the soccer school team and they practice 4 days a week, 2 hours after classes.

History: Symptoms: The patient complains about frequent pain in the lumbar and pubic area, he suffers of frequent headaches that prevent him from studying some times. He had a serious lesion in her left knee at the age of 14 during a soccer play, but once the plaster was removed he did not do any physical therapy and now that knee continually feels weak and sometimes hurt. He mentions that lately it has been impossible for him to concentrate and when he forces to do so, headache appears.

Pertinent medical history: He is in psychotherapy this decision was taken by his parents; it has been one year of treatment already. He was diagnosed with athletic pubalgia due to pubic symphysis pain. He had x-rays with the traumatologist and found out a hyper lumbar lordosis. The patient has had 10 sessions of physical therapy and 12 sessions with a chiropractor, nevertheless, he reports very little improvement in the sensation of pain in the pubic area but less pain in the lumbar region.

Evaluation

Findings: The patient's body showed clearly the hyper lordosis of the lumbar area while being lying down in the treatment table; my whole hand could pass through from one side to the other without any restriction. I found that the pelvic diaphragm was very rigid and tense, there were hardly any CRS movement in the sacrum and the tissues and muscles around the back area were stiff.

Both knees seemed the same to me, although the rotula from the left knee felt less mobile and more stick to the articulation. The thoracic inlet was also compromised, while working with it a short SER occurred and the patient expressed his frustration with his body and the inability to cope with the expectations of his parents. I found a left lateral strain in the sphenoid; this may have been causing the headaches.

Tools used: Besides the CSR, Arching, fascia1 glide among others, I used muscle testing as well to find out about the causes of stress in his family.

Objective results: We only had evident results after the 4th session; it took time to his body to readjust and find a new order. It was then that the pain in the pubic area began to diminish and he was able to go back to his soccer practice. The headaches disappeared as well and he was able to cope with the demands of his school.

Subjective Results: Perhaps the most important learned from his experience in CranioSacral Therapy is to listen to his body, he now rests when he feels he needs to and does not feel guilty if not attending to all the soccer practice if his knee begins to hurt. He has also realized that it is up to him to put limits to the demands of others and realize that his parents will always love him.

Average length of sessions: 45 minutes to one hour each session.

Number of sessions: 8 sessions in total, he comes for treatment every two months.