

Auto Accident Neck Pain and CranioSacral Therapy

By: Brian Calderon

Personal Information: 23yo, Male

History: Her treating medical doctor referred patient for therapy. Patient was in an auto accident 2 months ago and is complaining of moderate pain in his neck, shoulders and back. He initially had a constant HA, now it at 3-4 times per week. He states that he did not have any other injuries prior to his auto accident. He is seeing a chiropractor 3 times per week and had an MRI of his neck and lower back. He is very active and has stopped running, playing volleyball and soccer. He had a 6-month-old daughter and is having trouble with childcare. He is not taking any medication at this time.

Evaluation: Pain and limitations were mod-high in his ADLS, work and leisure areas. He reported mod pain in her head, neck, shoulders, and back. Pain frequency was at 60%. He stated that he has 2-3 good days per week. Active trigger points, jump signs and muscle spasms were found in his neck, shoulders and back. He had an extreme head forward position, asymmetric shoulders and pelvis. He had limited AROM in her neck, shoulders and trunk.

Modalities: Treatment consisted of CST, VM, MFR, Co-Treatments and movement.

Results

Objective: Pain and limitations were no-mild with her ADLS, work and leisure areas. He was able to play volleyball, soccer and run without pain. He is still having mild pain with childcare and yard work. He is able to sleep through the night. He had decreased trigger point activity in all areas and his posture improved to WNL. His AROM improved to WNL in neck, shoulders and trunk. He lacked 15 degrees of AROM with back extension post TX. Patient now is performing all her leisure activities and exercising 3-5 times per week.

Subjective: His pain levels were reduced to minimum in all areas and his pain frequency reduced to 10%. He is now having 7 good days per week.

Treatment Length: Twelve one-hour sessions.