

Back Pain from Auto Accident and CranioSacral Therapy

By: Brain Calderon

Personal Information: 63yo, Female

History: Her dentist referred patient for therapy. Patient was complaining of high pain in her neck, shoulders and back. She has constant HA with migraines 2-3 times per week. She states that she had an auto accident 8 months ago where she was rear-ended on the highway. She was confused for 2-3 weeks following the accident then went to the ER for meds and x-rays. She saw her chiropractor 1 month later for treatment. She is currently seeing him 2 times per week. She states she has two kids and is recently divorced. She states she had an auto accident 20 years ago and didn't have any treatment. She is a smoker and trying to quit. She is not taking any medication at this time.

Evaluation: Pain and limitations were mild-mod in her ADLS, work and leisure areas. She had high pain in her head, neck, shoulders, (R) upper extremities and back. She only sleeps for 4 hours and wakes up sore and stiff. Pain frequency is at 100%. She stated that she has no good days per week. She had active trigger points, jump signs and muscle spasms in her head, neck, shoulders and back. Trigger points were more active on her (R) side compared to (L). She had a head forward position, asymmetric shoulders and pelvis. She had limited AROM in her neck, shoulders and trunk. She had some pain with neck, shoulder and trunk movements.

Modalities: Treatment consisted of CranioSacral Therapy, SomatoEmotional Release, Co-Treatments and movement exercises.

Results

Objective: Pain and limitations were mild with her ADLS, work and leisure areas. She was exercising at the health club with mild pain. She is able to sleep through the night and feeling refreshed in the morning. She had decreased trigger point activity in all areas and improved her posture. Her AROM improved in neck and trunk. Shoulder AROM is WNL. Patient now is performing all her leisure activities and exercise 3 times per week. She is able to sit, drive and stand for 1-2 hours without increasing her pain.

Subjective: Her pain levels were reduced to mild in all areas and her pain frequency reduced to 30%. She is now having 5-6 good days per week.

Treatment Length: Twenty-five one-hour sessions.