

# Cerebral Palsy and CranioSacral Therapy

**By: Melody Lee**

**Personal:** Daniel

**Age:** 5

**Sex:** Male

## History

### Symptoms - Cerebral Palsy

- Stiffness in neck, torso, and both upper and lower extremities
- Muscular rigidity mainly in lower extremities (legs will scissor)
- Unable to ambulate or sit (positioned by caregivers)
- Ataxia (lack of muscle coordination)
- Delays in reaching motor skills milestones, such as rolling onto back or stomach, pushing up on arms, sitting up alone or crawling
- Excessive drooling (tracheostomy)
- Stomach tube for all feedings
- Delays in speech development or difficulty speaking

### Pertinent Medical History

- Cerebral palsy secondary to lack of oxygen immediately after birth

### How long treated by others; frequency and type

- Neurologist - since birth (2009)
- Feldenkrais - since 2011
- CST - about 2 sessions within first six months of birth

### Evaluation

Assessment performed at patient's home with patient laying on floor. Makes eye contact. Unable to verbalize or express wants or needs. Excessive drooling. No motor skills noted for developmental age. Holds head stiffly in slight side-bending position. Upper extremities held tightly at sides of body. Lower extremities scissored and rigid. During Arcing, energy cysts noted to pelvis, lower torso and lower extremities. Seemed very accepting of treatment except for touching/ holding of upper extremities.

### Findings

- Arced to energy cysts in pelvis, lower torso and lower extremities
- Significance detector upon placement of hands over pelvic diaphragm
- Stiffness and rigidity of neck muscles
- Shallow breathing with very little ribcage movement

**Tools used**

- Arcing
- Pelvic Diaphragm Release
- Respiratory Diaphragm Release
- Dural Tube Rock and Glide
- Direction of Energy
- Vectoring of lower extremities

**Objective Results**

- Vectored feet - softening of muscle tone in feet and lower extremities
- Direction of Energy to upper thighs - therapeutic pulses, releasing of energy, and lengthening of legs
- Pelvic Diaphragm Release - sacrum dropped down into my hand
- Respiratory Diaphragm Release - Borboregmus noted
- Thoracic Inlet Release - Softening and increase in movement noted (David breathing more out of his mouth than his tracheostomy)
- Daniel more receptive to thoracic work during later visits

**Subjective results (per mother)**

- Mother noticed after first treatment that Daniel was able to move his arm out of the way so he could roll over by himself.
- Mother noted Daniel having more facial expressions (especially eyebrow movement).
- Caregiver/Nanny states that Daniel responding verbally to questions occasionally.
- Lengthening of torso apparent. Overall, more movement, fluidity and softness in entire body.
- Mother stated that Daniel participated in handicap soccer game (while in wheelchair) and scored his first goal.
- He is able to occasionally hold his head up without assistance.

**Average length of sessions** – 1 hour to 1 1/2 hours

**Number of sessions** - 12

**Cost of therapy prior to CST use** - Unknown

**Cost of CST therapy** - \$1200.00