

Migraines and CranioSacral Therapy

By: Candice Strack

Personal Information: M.J.; age 11; sex; male

History: MJ has had sporadic migraine headaches over a period of years which intensified immensely following a pool accident. He was doing the back stroke and inadvertently hit the back of his head and left parietal area on the pool. Migraine headaches intensified in duration and occurrence. He could not flex forward at the waist without low back pain. He took medications regularly to help control migraines and nausea which accompanied the headaches. He had received physical therapy with some home exercises for range of motion with limited results.

Evaluation: Occipital base moderately restricted, greater on left than right. Sphenoid basilar junction compromised by lateral torsion and shearing pattern on left. Left parietal and temporal bone restrictions with intercranial membrane involvement noted by very limited movement. C 1, 2, 3, T 10 - L 5 torsion pattern noted, dural tube restriction noted in same area. Range of motion compromised in forward flexion and side bending; greater on left than right.

Treatment: Treatments were provided once per week for eight weeks; one hour in duration. Sessions primarily consisted of CST and MFR. Occipital cranial base was released as was the sphenoid basilar junction torsion and shear patterns. Cervical region cleared beginning at the cranial base. The integrity/movement of the dural tube increased/improved following releases along previously compromised areas in cervical, thoracic, and lumbar areas. Parietal and temporal bone restrictions were released which freed intercranial membranous tissue.

Objective results: Migraine headaches eliminated. Noted increased range of motion in forward flexion and sidebending bilaterally. No longer experienced low back pain.

Subjective results: Patient was able to actively participate in sports programs without headaches which resulted in a sense of freedom and well being because he no longer feared their return.