

Chronic Sinus Infections and CranioSacral Therapy

By: Phil Robison

Personal Information: Nancy, Female, Age 50

History: Nancy injured her tailbone in a very hard fall when she was 9 years old. At age twenty she was injured in a sailing accident. The boat's boom hit her very hard in the side of the head. She had a very serious concussion and was three days away from port. She was "green" and seasick the entire three days. She recovered without any apparent ill effects. In more recent years, Nancy has had occasional problems with sinus infections, and developed debilitating sinus headaches about three times a year. She would often have pain in her ears during air travel, particularly as the airplane descended.

In July 2001, Nancy was in an automobile accident that left her mildly stiff. She was hit from the side while driving at 25 mph and hit her head on the door of the car. Her 120-pound dog hit her from behind, and her head was pushed between the door and steering wheel. She quickly recovered without apparent ill effects. Two months later she developed tingling on her right side from hip to foot with some sciatic pain. In the following month she developed infected sinuses with near-constant sinus headaches. She went to her physician six times from November to March and was placed on a variety of antibiotics, including Biaxin, and Biaxin BX, which were very expensive. She spent \$1000 on chiropractic treatments, which in combination with hydrotherapy, yoga, Pilates, and fitness training, relieved the sciatic pain and tingling. However, nothing seemed to affect the sinus infection and headaches. The sinus infection was still causing a lot of discomfort when she came to see me in May 2001.

Evaluation & Treatment: My initial evaluation with arcing showed a great deal of compression at L5/S1 and both sacroiliac joints. The clavicles were restricted at their articulations with the sternum, with the left side more compromised. The occiput/atlas was mildly compressed. The usual vault holds showed that the temporal bones were not moving, the sphenoid was quite compressed and very restricted in its motion, and the falx membranes were very tight. Palpation in the buttock area confirmed that the piriformis muscle on each side was very tight.

Treatment to date has consisted of three weekly to semiweekly sessions, each 90 minutes in length. The first session included the components of the 10 step protocol, but the emphasis was on the pelvis and lower back. I worked the iliopsoas insertions and inner groin area on both legs and spent a long time with the sacral decompression (approx. 40% release) and the SI joints (very little release). I showed Nancy a good stretch for the piriformis muscle and urged her to do it at least twice a day.

The second session again emphasized the pelvis, with more response from the sacroiliac joints (approx. 30% release on the right side, 20% on the left), and also included the full range of sphenoid techniques. The sphenoid initially had strong left torsion, left lateral shear, and inferior vertical shear lesions, but responded very well. The temporal bones still showed a lot of restriction.

The third session focused on the right knee, sacrum, neck, and ribs. Part way through the session, I became aware of an energy cyst near T2 in the left ribs. I had planned to do intraoral work with the zygoma and palate, but was drawn to the ribs. Nancy was amenable to Therapeutic Dialogue work, so we asked the back rib area to show us when this cyst was formed. She saw herself as a baby and experienced a scene where she felt great shame. We were able to transform the scene by adding an aunt who came to be her "guardian angel" as part of the imagination process.

Nancy left for a long vacation soon after the third session, but plans to come back for more work.

Results: Nancy reported that the painful sinus pressure and headaches stopped right after the first session. In the month since our last session, Nancy has traveled a good deal. She reports that the sinus congestion cleared after the second session and the sinus headaches have not returned. She is delighted, since all her earlier kinds of treatment had no effect on the sinus headaches. Her ears have been completely clear and were not in the least bit sensitive to pressure changes during her air travels. I suspect that freeing the palate and working with the retro- and suprahyoid muscles will be important for maintaining her improved health.

Summary:

Length of Sessions: 90 minutes

Number of Sessions: 3