Upledger Institute Case Study
CranioSacral Therapy - Concussion
By: Jill Mabry

Personal
Age: 44
Sex: Female

History
Symptoms
Concussion one week ago from a car accident rear-ending someone
Headache pain ranging from 5 to 7 all the time
Tight shoulders, stiff neck, TMJ pain ranging 2 to 5 afternoon and evening

Pertinent medical history
Two doctor visits, MRI and given pain meds for headache with no relief

Evaluation
Findings
Right leg ½” shorter, GB superior, O/A compression,
Little movement at Left Frontal, Parietal, Sphenoid, Temporal

Tools you used
CST & SER, Oral work and Lymphatic Drainage

Subjective results
Patient said headache went down in pain level and duration after first and second visit with pain gone after third visit.
Neck, shoulder and jaw pain was 1 to 3 late afternoon and evening after first visit and no pain after second visit.

Objective results
At first visit Right leg length leveled and GB came to balance
O/A compression, Left Frontal, Parietal, Sphenoid,
Temporal released
and second visit and by third visit there were complete releases

Average length of sessions
One hour

Number of sessions
3

Cost of therapy prior to CST use
Unknown

Cost of CST therapy
$135 per session