

Upledger Institute Case Study

CranioSacral Therapy - Fibromyalgia

By: Giora Segev

Name: Meital

Age: 36

Sex :female

Last date of treatment: 15 of February 2019

Symptoms: Meital (musician, singer), has a history of fallings, fainting, the hands are hearting (especially the left), hertail bone broke when she was 16 (falling). Fibromyalgia not finally diagnosed yet.

Emotional symptoms: anxieties, looks frighten.

Previous treatments: physiotherapy at age 16, theta healing 5 treatments 2 years ago, osteopath 4 treatments 4 month ago, Psychiatry two month ago, needling 4 treatments 8 month ago,

Evaluation: the hip is flexed slightly: when lying, the knees are elevated about 10 cm from the treating table. Energy cyst at her right ASIS. High sensitivity at the L5 area, high sensitivity at the pubic bone. Rotation of the hip (left forward). Pain at the both hands. Fascial restriction at the right ASIS, Facilitated segments: L5. The rhythm is not felt at the lags and at the hip, at the rest of the upper body the rhythm was of a low vitality, low amplitude, uniform, normal rate.

Treatments:

The first treatment—structural (10 steps and more): Released the diaphragms, Treat the EC located close to the right ASIS. Released the fascia, treated the L5, triad of compression release, energy work in the pelvic area. I released restrictions at the skull. I did cranial pump using the second cranial hold and using the temporal bones. At the end of the treatment I re-evaluated and found better rhythm all over the listening stations.

Second treatment: Evaluation: energy cyst at her chest. The rhythm is felt everywhere with better vitality and amplitude. I started treading the EC at the chest. Meital felt that something changed in her body and felt that the body tries to get back to the old position (her words). She had a strong reaction after the first treatment. She told about a memory that came up after the last treatment about her sister being abused by her grandfather. Meital was afraid that she might have been abused as well, like her sister by the same grandfather, but she does not remember. It was just a thought. She does not trust men. Meital said very clearly that she does not want to know anything about what happened or might have happened between her and her grandfather. I did respect this. A significant detector (SD) came. She felt an inner cold, suffocating feelings, her pelvic area (from the knees to the belly) feels not to be touched. The significant detector (SD) felt deepening when she mentioned suffocation. I moved to the neck and hyoid bone. I felt tension at the infra hyoid area. She visualized a ball that had a roll of blocking between her feelings at her chest and her vocal cords. This ball had a roll to protect her identity (as she said), and to keep her safe by hiding her real voice. A memory came up. This started when she was 25 and made her first singing album. By that age, she felt that another singer with a similar voice and similar singing style took her identity. An unsolicited Inner physician appeared (her third eye). The significant detector deepened. The inner physician helped her understand her identity, things that she is different and unique with. SER happened, I felt a big change in her tissue structure at her neck and chest, it seemed like a big flow enlarges and opens this area. I moved to the thoracic inlet. I felt a change in her tissue, and Meital felt it too. A big breath with a sound "AHHHH" came. The ball became smaller. Meital transformed the energy of the ball, to an energy of "dust of stars". She tried to sing lying on the bed. After a few trials she rediscovered and connected to her natural voice. It was strange for her. She felt a free flow between her chest and vocal cords. Meital decided to keep this good feeling in her mind and it will help her connect to her natural voice. This was a real resolution.

Third treatment: Meital told about a big change in her singing. A feeling like a large open path between her chest and mouth. When she sang, Meital felt that she has a pure voice like when she was a teenager. She also told me that she's afraid that something will happen to her daughter. She has bad dreams about this. She also started a gluten free diet and started to participate in a gym class. A **significant detector (SD)** appeared when she talked about need for empathy. She went back to a memory when she was 4 years old, to an non-empathic relation from her father. I initiated an inner child work. Meital (the big Meital) felt that she wants to be a mother of herself (the little Meital) and I facilitated a conversation of knowing each other and mothering. She also started to develop an emphatic relation to the little Meital. In her imagination, the big Meital created a different environment for the small Meital needs. Meital made the plan of meeting the small Meital outside, in the nature. She enjoyed being in mud puddles (**SD**). Her parents never let her go out to the nature. They said it was dangerous. There she had a feeling of freedom and being herself. All this relationship development between the two, was accompanied by a deepening significant detector and significant tissue release at her back and chest and felt all over her body. Little Meital said that in the mud puddle she felt simply herself and that she did not feel the mud as a dirt. The big Meital realized that she needed this feeling of being herself and freedom and the "natural muddy environment of the life" does not have to feel dirty and dangerous, it is part of the life. She takes this InSite with her it makes a different feeling. (resolution).

The fourth treatment: Meital told about a big rage she feels inside. Her left shoulder is hurting since yesterday.

Arcing: EC: hyoid and left abdomen. Rhythm: no rhythm at the lags, no symmetry at the ASIS, ribs ok, no symmetry at the clavicles, low amplitude at the head. Facial restrictions at the left hip.

Started with pelvic diaphragm, my hands moved to the left, a big unwinding occurred at the left ilium. Meital felt the effect of this unwinding in her left shoulder, the hyoid and the head. I told her what I feel between my hands and about the chakra no 2 which has an energy of creativity. I told her that there is a big opening of the structure anteriorly and a restriction at the back. I called this "front door" and "back door". Meital said that her creativity is good, and the back door reminds her of being afraid of everything that is not in front of her and cannot be seen. Her mother over protected her and influenced her to be over careful of doing everything. This also reminded her the feeling of not been seen. She went back 300 years in her imagination and met her soul in a frightening giant who was closed in a prison. Significant detector showed. (**SD**). Meital talked to the frightening giant with sympathy and kindness and started to befriend with him. She released him from the prison and asked him to free her also. The new energies and feelings were gratitude, love and responsibility. All this time I holed between my hands the left ilium. I felt that finely a deep energy release (heat) happened and the tissue felt released. The energy cyst disappeared. She used these energies to change her environment from dark grey metal to colourful and full of light. I asked her what she would like to do with this colorful and full of light energy. She realized that the colorful and light energy is what she needs in her life. It will help her feel better.

The resolution: In the second treatment the resolution was that she saw through the third eye the way she was different and unique she rediscovered her natural voice. Meital decided to keep this good feeling in her mind and it will help her always connect to her natural voice. In the third session the resolution was that she realized that the "natural muddy environment of the life" does not have to feel dirty and dangerous, it is part of the life. Meital realized that she needed this feeling of being herself and freedom. Meital discovered a need that has not been met. In the fourth treatment the resolution was discovering the new energy colors, light and good. She used these energies to change her environment from grey and metal to colourful and full of light. She realized that the colorful and light energy is what she needs in her life. It will help her feel better.

The tools used: structural craniosacral work (10 steps), diaphragm releases, cranial balance, triad of compression release, energy work energy cyst treatment, SER, imagery dialogue, significant detectors at different levels have been detected, working with memories, images and inner physician (the third eye), detecting tissue changes and release, inner child work, final resolution.

Objective results: Deep release all over the body, her body opened, better cranial rhythm felt. Meital looked better. Much better.

Subjective results: Better voice for singing, a feeling of open pathway in her upper chest, through and mouth. Less anxiety and less pain in her body. Better relations with her child (10 month). She told me that she had a phobia of being afraid of mice, this phobia disappeared.

Length of sessions: 1-1.5 hours.

Number of sessions: 4

Cost of therapies prior to CST: unknown.

Cost of CST therapies: 1200 shekels = 350 USD