

Upledger Institute Case Study

Occipital Migraine and CranioSacral Therapy

By: Emmanuelle Celicout, LMT, CST-T, CVTP

Personal: John

Age: 40

Sex: Male

History:

- Heavy bullying during childhood
- Several concussions and other traumas during kick boxing career (to support himself to no longer be bullied)
- Severe constipation/diarrhea for about 20 years

Symptoms:

- Debilitating ocular migraines combined with upper right neck pain
- Constipation
- Lower back pain
- Knee pain

Pertinent Medical History:

- 2018 - Diagnosed with atlantoaxial transverse ligament partial tear
- 2018 – Diagnosed with herniated disc at C4-5
- 2013 – LCL and MCL joint sprain

How long treated by other; frequency and type:

- 2016-19 – PT on and off

Evaluation:

Whole body evaluation revealed a TRIAD compression. All diaphragms showed a limited SQAR especially the Pelvic, Thoracic Inlet and all 3 Cranial Vaults.

ROM in neck poor with onset of neck and eye shooting pain when passing 30 degrees rotation, side bending, or 20 degrees flexion or extension.

Arcing revealed multiple energy cysts and an inability to be in his own body. Main EC in upper neck. Overall vitality was poor with a sense of defeat and hopelessness in whole body's energetic field.

Findings:

- Severely restricted coccyx and sacrococcygeal joint
- Trigeminal complex involving R cervical-cranial nerve 1-3, trigeminal ganglia R side, and ophthalmic branch of facial nerve severely restricted in several places and significant tightness of the R tentorium with compression of all sutures of temporal bone
- EC in upper neck acting as a tie into above restrictions
- Passive neck ROM greater than active ROM (about 50 degrees before pain onset)

Treatment:

Several full 10-step protocols involving specific neural and visceral manipulation, with special attention to releasing TRIAD restrictions and avenue of expression protocols were necessary to address structural issues, decrease pain onset, and regain some vitality. Pain decrease and several sessions building rapport developed enough trust with John for him to bring up the concept of SER resulting in John's agreement to pursue with SER as need be.

An SER around EC in neck revealed an inability to the concept of "letting go". Dialoguing with his inner physician (Jesus) revealed this pattern, and John was able to hear the words "Let Go". By speaking more directly with John, John welcomed the concept of giving himself permission to "Let Go", which in turn released much heat in the tissues and tears shed while his neck unwound ending with a deep sense of calm. The broken vector at the upper neck resolved by realigning the neck to the cranium in an anterior-posterior vector.

During the session following this SER, John mentioned that it had been years since the pain in his neck was not present. He understood the work that had to be done to support the revelation of this important concept of letting go of the need to control everything and trusting that he can be supported in life by others.

Another significant SER session around an EC in Pelvic area (towards coccyx) revealed a time during middle school where John was bullied daily and got kicked in the rear while being made fun of for being weak and nerdy. John was able to face his bullies and tell them off. He was also able to speak with his father and tell him how his lack of support hurt him during these years of suffering at the hands of other kids. John experienced a significant amount of heat release in his throat and was relieved that he finally gave a voice to his inner child and that his inner child was smiling and showing a strong posture by the end of the SER.

Rock and glide dural tube release and glial therapy was performed at the end of each session to support increased vitality and return to homeostasis.

Tools used:

- Arcing
- 10-step protocol
- CST/SER
- VM/NM
- Vectors
- Glial therapy

Objective Results:

Releasing the EC in neck helped John's migraines to decrease from a few per week to one every six months, and his ROM increased to almost a full range without pain onset. Constipation now comes and goes depending on food intake.

Subjective results:

John shared his renewed joy for life as his debilitating migraines did not get in the way of living anymore. His increased neck ROM allowed him to partake in daily activities with his wife (grocery shopping, and cooking) and even hiking, which he missed so much. He shared that he felt manly again. He also mentioned that he no longer saw himself through the lenses of his diagnoses, which gave him hope that the damage accumulated could be reversed over time.

Length of sessions: 90mins

Number of sessions: 20

Cost of therapy prior to CST use: Unknown

Cost of CST therapy: \$2,200