

Upledger Institute Case Study

CranioSacral Therapy – Tongue Tie

By: Morgan Deale, LMT, CST-T

Client: 10-year-old female

Symptoms:

- Jaw pain and fatigue
- Headaches
- Stomach aches
- Difficulty making “S” sounds

Pertinent Medical History:

- Tongue tie revision 2015
- Broken left arm 2014 and 2017

Treatment history:

- Tongue tie revision 2015, reattached after surgery and deemed unsuccessful
- Orthopedic treatment for arm breaks in 2014 and 2017
- Chiropractic care every two weeks

Evaluation:

Whole body evaluation revealed asymmetrical CSR in shoulders, Parietals, and Temporals. Parietal and Temporal bones exhibit much weaker quality in rhythm. Parietals and Sphenoid exhibit a torsion pattern rotating to the left. The Frontal Bone is compressed down on to associated structures. Energy cysts present in the throat, left lower ribs on anterior side, and right hip. Facilitated segment present at C3 level.

Treatment:

Began with full 10-step protocol. Evaluation revealed asymmetry and torsion patterns in Parietals, Temporals, and Sphenoid. Worked to free Sphenoid Left torsion pattern in addition to compression/decompression. Temporal wobble technique used to balance Temporals. Frontal lift induced a severe burning sensation for client which led us to stop technique with plans to revisit later in treatment. Direction of energy was applied to energy cysts in ribs/shoulder.

We revisited the energy cyst in left ribs and Frontal Lift while using V-Spread on each frontal suture. Burning diminished and allowed for Frontal decompression. Decompressing the Sphenoid led to TMJ unwinding.

Avenue of Expression revealed energy cyst in hyoid and tension in suprahyoid musculature. Facilitated segment at C3 directly connected to energy cyst in right shoulder.

Techniques used:

- Full body CSR evaluation
- Arcing
- Dural tube rock and glide
- Facilitated Segments
- 10-step protocol
- Avenue of Expression
- Direction of Energy
- V-Spread

Objective results:

Releasing the osseous restrictions around the Frontal bone and the soft tissue around the hyoid led to the release of restriction patterns in the Parietals, Temporals, and Sphenoid.

CSR appears more symmetrical in shoulders and Temporals with better quality in cranial vault without previous torsion pattern.

Client has more range of motion in the tongue.

Subjective results:

Using the pain scale 1-10, the client initially reported her jaw pain to be at a level 5 after chewing, headaches level 3-7 three times per week, and her stomach aches level 3 daily whenever eating.

By the last session she rated her jaw pain as rare and only noticeable if chewing something rough, headaches at level 1 and less often than once per week, and stomach aches only after eating a big meal.

She also stated that it is much easier to make the "S" sound with her tongue behind her teeth and that doing so is not as tiring to her mouth and jaw as it was before treatment.

Length of sessions 60-minutes

Number of sessions: 4

Cost of therapy prior to CST use: unknown

Cost of CST therapy: \$325