

**Upledger Institute Case Study**  
**CranioSacral Therapy – Bump On The Head/Seizures**  
**By: Carol J. Reshan, OTR, CST-T**

**Client:** Russell

**Age:** 10 years old

**Sex:** Male

**Date of Initial Tx:** 06/12/2013

**History**

**Symptoms:** Bruised L temple/forehead  
Had seizure after diving into cold pond last week  
Anxious/muscle tension  
Hx of headaches

**Pertinent History:** Russell is the middle child of 7 within an Amish family. He was seen during the summer prior to going into 5th grade. He had febrile seizures as a toddler when he had Scarlet Fever and after that had been treated with medications (Phenobarbital?) until age 5. His parents weaned him from the medication, as they did not perceive it as helpful. Since then he had only 2 further seizures - those also associated with high fever. Recently he had a seizure, no fever but a bump on the head, while swimming and it seemed to have scared them. It was early June, he had been out in the field working putting up hay, he was very hot, he jumped in the cold pond, it is unsure if he hit his head diving in or when his father jumped in and pulled him out. Reportedly he immediately began to breathe, had not swallowed any water but did get out of going back into the field... I was called the following week... As most Amish families don't have insurance they are not quick to take their children to the doctor or hospital and prefer more natural treatment methods.

**How long treated by others:** frequency and type: They had been seeing a body worker in town (has had CST1). I do not know exactly how many treatment sessions they had previously had (I think 3)

**Evaluation:** Arcing/whole body evaluation, and listening stations. Physical evaluation showed the bruise of his right temple/forehead. Most of the swelling was diminished and it was at the purple fading to yellow phase of a bruise. He stated it was not sore to the touch. CSR was sluggish and uneven/not symmetrical with poor quality or amplitude. No cranial overlaps were noted on skull evaluation. Sphenoid motion was uneven spending more time in flexion as well as demonstrating a torsion pattern toward the left. OA was compressed. L5/S1 was also compressed. Initially he was very anxious and his muscles were pretty tense. I asked him about his pet rabbits and how he worked with them. What made them calmer, how they wanted/needed to be touched by him and I mirrored that touch to him. I explained that no one, rabbits or people, like surprises which scare them, that he was in control and what I was hoping for his session

was to promote his trust in me, like his rabbit had for him. Almost at once there was a shift, and we could begin....

**Findings:** EC at Occiput and Sacral base with compression noted  
Sphenoid in flexion with left torsion  
EC in brain R lateral ventricle and temporal lobe related to seizures  
Emotions of fear/apprehension also addressed RAS  
Diminished SQAR of CSR

**Treatment:** Majority of time was spent decompressing and rebalancing sacrum, OA and Sphenoid. Sphenoid was also treated using the CST protocol related to the torsion. Multiple still points were encouraged. I also worked from a brain speaks perspective regarding the seizure activity – R lateral ventricle, temporal lobe and RAS. Each subsequent session was easier and each time anxiety/stress/ muscle tension of neck and shoulders seemed less. We talked about bringing down the throttle on the RAS – like you can slow down the engine on the lawn mower. By the last session he was joking and he was getting ready to be back in school for the Fall term. He had maybe grown 4 inches taller and was nearly taller than I. He was using a still point inducer daily at night before bed.

**Tools used:** Arcing  
Education of the type of touch and establishment of rapport  
Daily homework of still point induction was encouraged before bed.  
CST from 10-step protocol – CST2 sphenoid releases as well as Brain Work from Brain speaks regarding neuropathways/seizure activity as well as RAS

**Objective Results:** No seizures or headaches. Releasing the Sphenoid caused a near immediate change in SQAR of CSR. Follow-up appointments, Russell seemed happier and more confident.

**Subjective Results:** Mom and Russell seemed very pleased. They reported no seizures and no headaches. Had shared still point inducer with sister who had a headache. They referred 2 relatives for my services.

**Length of sessions** - 60 min.

**Number of Sessions**- x4

**Cost of therapy prior to CST use** – Unsure – Est. \$195 for local massage therapist

**Cost of CST therapy** - \$280