

# Upledger Institute Case Study

## CranioSacral Therapy – Chronic Back Pain

By: Catherine Whelan, B.S., LMT, CST

**Personal:** Dennis

**Age:** 41

**Sex:** Male

### History

#### **Symptoms:**

- Chronic Back Pain
- Right Shoulder Rotator Cuff Tear
- Right knee ACL Tear
- Arthritis in Cervical vertebrae 5 and 6
- Herniated disc lumbar vertebrae 5 sacral 1
- Heartburn
- Multiple Concussions
- Depression/ Anxiety
- Sleep difficultly

#### **Pertinent Medical History:**

- 1981 Hit by a car at the age of 4 and went to the hospital but was released with no medical interventions
- 2000 Right ACL tear and reconstruction
- 2014 Right Rotator cuff tear and surgery
- 2014 Right sciatica pain

#### **How long treated by other therapies; frequency and type:**

- 2012 began regular Chiropractic care
- 2015 Lumbar Laminectomy Lumbar 5/ Sacral1
- Massage Therapy
- Orthopedic Doctors
- General Practitioner for heartburn medication

#### **Evaluation:**

Whole body evaluation showed tension in superficial anterior fascia from right hip to left shoulder. His right hip was rotated medial/anterior rotation of right hip with hypertension in right quadratus lumborum.

#### **Findings:**

- Primary EC right hip/pelvis
- Fascial tension patterns from right hip to left shoulder through cardia of stomach
- Compression of cervical vertebrae 1 and occiput on right side
- Tension of dural tube from occiput to sacrum with more tension on right side

- Triad of Compression
- Decreased motility of Spleen

**Treatment:**

I treated Dennis for six consecutive sessions over a period of two months. The treatments consisted of CranioSacral Therapy techniques and SomatoEmotional Techniques.

**Tools used:**

- Arcing
- Sacral Techniques
- Occipital Cranial Base Release
- Dural Tube Traction
- Regional Tissue Release
- Cranial Techniques
  - Temporals
  - Sphenoid
  - Parietals
  - Frontal
- SomatoEmotional Release

**Objective Results:**

The tension patterns held in Dennis's body from being hit by the car at age 4 created a rotation in his right pelvis to left shoulder and into his neck. Through the diaphragm releases, sacral, occipital cranial base, and dural tube releases the fascia was able to move more freely and reduced physical pain. As the physical pain subsided his reticular alarm system was able to reconfigure and his sympathetic tone was able to decrease and his parasympathetic tone was able to increase.

**Subjective Results:**

Client reports feeling less pain in back, neck and right leg. He also reports improvements in sleep and anxiety and feeling less depressed over all. Through imagery and dialogue he was able to associate a time in his life when he internalized his pain. After acknowledging this incident he was able to build a compassionate relationship with this part of his body/ self. He reports a better relationship with his body awareness and more tools when pains arise.

**Length of Sessions:** 60 Minutes

**Number of Sessions:** 6

**Cost of therapy prior to CST:** Unknown

**Date of Last Session:** 2/4/2019

**Cost of CST:** \$750