

Upledger Institute Case Study
CranioSacral Therapy – Concussion Opens the Door to Healing Older Traumas
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Age: 51

Gender: Female

History

Symptoms

- Vertigo/Dizziness to the point of throwing up
- Very tense and guarding for all body movement
- Headaches/Migraines
- Fatigue
- Light sensitivity
- Insomnia
- Neck pain
- Right hip pain
- Ear pain right side
- Vision problems

Pertinent Medical History

- Fall 2020 Work Accident – Head injury without loss of consciousness. Client was walking down the hall when they fell and hit their head on the wall. Client reported their feet stopped but body did not.
- 2017 Car Accident - Whiplash injury
- 2016 Car Accident - Back and neck injury

How long treated by others

After the client's accident in the fall of 2020, the client reported to Occupational Health for an initial diagnosis. She was given anti-inflammatory medication and referred to an Osteopath for follow up. The Osteopath referred her to vestibular physical therapy, an eye doctor, and an ENT. After nine months she was referred by her DO for CranioSacral Therapy and chiropractic care.

Evaluation

Assessed client's CranioSacral rhythm, fascial glide, arced for energy cyst, fascial restrictions in the intracranial membrane and dural tube, and facilitated segments.

Findings

- Restricted ROM in neck, with tilt to the right, hypertonicity in the right anterior neck musculature.
- Reduced CranioSacral rhythm throughout body, left hip, bilateral shoulders, occipital base, right temporal bone.
- Compression at sacrum, occipital base and sphenobasilar joint
- Various energy cyst, but predominant energy cyst found in the left shoulder area, in tissue close to first and second ribs.
- Facilitated segments C2-4, C6-T3, L4-5
- Various fascial restrictions through intracranial membrane, both vertical and horizontally.

Treatment

Treated the client weekly for three months. At first most of our sessions utilized CST 10-Step protocols to help release restrictions below C1-2, mobilize transverse fascial diaphragms, treating triad of compression at the sacrum, occiput and sphenoid, and release rib restrictions. As client was able, we started to treat energy cyst at the left hip, left shoulder, first and second ribs. Progress was slow at first, until the client was ready to work with the energy cyst left side, first and second rib area. Underling trauma from many years prior surfaced. SER work with dialogue and imagery was used. Client continued to progress and at an accelerated rate once the restrictions below C1-2 started resolve. Sessions started to include more work with the facilitated segments, and intraoral mouth work, both for hard palate and avenue of expression. Restrictions in the intercranial membrane system started to show improvement and softening. Client's overall post-concussion symptoms started to resolve.

Tools you used

- 10-Step protocol
- Direction of Energy
- Arcing
- CSWCD – Chronic Depletion Epicenter
- CST/SER
- Dialogue and Imagery
- Body Scanning
- Regional Tissue Release
- Trigger Point and Myofascial Release

Objective Results

After the first session the client's post-concussion symptoms started to improve, better sleep, less headaches, improved balance, and pain in their neck, shoulders, and spine decreased. Decrease in symptoms continued over a total of twelve sessions. Towards the end of our sessions the client's only remaining symptoms were related to vision and headaches.

Subjective Results

In the clients first session they referred to themselves as "Old Me", when asked who the "New Me" was, they didn't know. They only knew who the "Old Me" was prior to their fall in 2020. Over the course of our sessions together, the client started to change their language to being in the present. They were no longer a victim of circumstance, but empowered, connected to their body, knowing what they wanted and needed, and starting to make major life changes leading them to greater personal fulfilment.

Discussion

The client started sessions with CST Therapy after more than a year had passed with their treatment for post-concussion syndrome. Very little progress had been made in the relief of symptoms or healing during that time. When this client walked in the door, they were very distrustful, disgusted, and fearful that they would spend the rest of their lives in pain and discomfort. When they came in for their second session, they had hope. That hope sustained them through their sessions and continued to fuel the healing process for them. While the client's symptoms improved with CST therapy, most notable was a session that included the treatment of an energy cyst and associated SER. The client's inner wisdom helped to bring to the surface a deeply buried past trauma, that seemed to be blocking any tissue change in the thoracic inlet area. This session opened the door for them to seek out the help of a mental health therapist. While the release of the energy cyst was not complete at the time of the session, the process was started for the client. After that session the client's physical symptoms rapidly improved, and each session felt like major mile markers were being passed. Tissue release was improved, and permanent change was taking place, not only during the sessions, but in-between the sessions.

Since our last session, the client had changed jobs and, considered moving to the coast. Recently they have reached out to continue CST therapy as they are still having headaches from time to time.

Length of sessions

60 Min.

Number of sessions

12

Cost prior to CST used

unknown

Cost of CST Therapy

\$1440

Last Date of Treatment:

23 September 2021