

Upledger Institute Case Study

CranioSacral Therapy – Concussion, and Facial Surgery

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PATIENT- Jenny, female age 31

HISTORY-

- Fell forward fall onto her face while roller blading outdoors on an asphalt path in the city where she lives. After the original fall she was diagnosed with a concussion but was cleared for normal activities shortly after that.
- Began experiencing double vision 5 months after the fall. The double vision occurred at least 10 times daily and got worse with reading and by the end of the day.
- Had additional workups done by a neurologist and an ophthalmologist, both of which found no cause for her double vision.
- Currently doing vision therapy every other week which she said was helping some but still was unable to drive. Jenny was seen during the time she was visiting her parents over the Christmas holidays, as her father was a friend of this therapist. This was 10 months after the double vision began.

SYMPTOMS-

- double vision occurring 10x daily
- inability to drive for fear it would occur while driving

EVALUATION- INITIAL VISIT

- **POSTURE-** good postural alignment in all planes
- **GAIT-** normal
- **STRENGTH-** 5/5 throughout
- **AROM-**
 - Cervical rotation to the right was 40 degrees compared to the left which was 60 degrees.
 - Cervical side bending was 25 degrees bilaterally, forward flexion was 60 degrees and extension was 60 degrees.
 - Throughout the rest of her body active and passive range of motion was within normal limits.

- **WHOLE BODY CST EVALUATION-**

- Limited amplitude and range of CSR at the left ankle and left pelvis
- Left torsion and left sidebending lesions of sphenoid
- Vertical membrane restriction at the frontal bone
- Restriction at C5.

TREATMENT- INITIAL VISIT

- 10-step protocol as she had not previously received CST and it appeared to therapist that her overall sympathetic tone was high.
- The C5, frontal and sphenoid restrictions were released.

RESULTS- INITIAL VISIT

- Subjectively patient reported feeling sleepy.
- Objectively right cervical rotation increased to equal that of the left.

FURTHER EVALUATIONS AND TREATMENTS

- Limited amplitude and range of CSR at left ankle and pelvis remained. The C5 and sphenoid releases held but a mild restriction at the frontal remained and was released.
- An extension lesion was found at the maxilla. This was partially released but flexion remained limited.
- Additional treatment included several still points, decompression of the maxilla and vomer, release of palatines, and cranial pumping.
- After second session the amplitude and range of the CSR at the ankles and pelvis was equal to the left.
- When discussing the restriction at the maxilla with Jenny before she left, she revealed that she had multiple orthodontic surgeries on her maxilla followed by braces as a child and adolescent.
- The third and fourth visits continued with decompression of the maxilla, vomer, sphenoid and zygomatic bones, occipital cranial base release, still points and cranial pumping.
- After a small SER occurred during treatment of the limitation in maxilla flexion on the fourth visit, the range of flexion approached that of extension.

- Jenny had to leave to return home the day after the fourth visit. She stated that she would like to continue receiving CST when she returned home. Therapist referred her to the IAHP website to assist her with finding a practitioner near her home. She also planned to continue her vision therapy exercises as well as some relaxation methods.

OUTCOME

- **Subjective:**
 - Jenny noted significant decrease in pressure behind her eyes.
 - She was able to drive short distances around her neighborhood without double vision occurring.
 - Frequency of double vision episodes decreased to 4-5 times per day.
- **Objective:**
 - Cervical rotation was equal at 60 degrees bilaterally (20 degree increase on right).
 - Cervical forward bending increased to 80 degrees (20 degree increase).

TOOLS USED

- 10 Step Protocol
- Mouth work especially on maxillae and vomer
- SER
- Cranial pumping

LENGTH OF SESSIONS- 60 minutes

NUMBER OF SESSIONS- 4

COST OF THERAPY PRIOR TO CST USE- unknown

COST OF CST THERAPY- \$300.00

DISCUSSION

It was thought by therapist that the multiple surgeries Jenny underwent on her maxillae followed by orthodontia played a roll in limiting her body's ability to heal or at least adapt after her fall. CST helped to locate the adaptations throughout her body and begin her healing from the trauma of both the fall and the previous procedures.