

Upledger Institute Case Study

CranioSacral Therapy – Dizziness

By: Jill Mabry

Personal

Age: 71

Sex: Female

History

Symptoms

Patient awoke with dizziness 10 days prior to appointment. Saying dizziness occurs at the onset of movement and dizziness is impairing vision and balance. Patient explained her need of a driver to get her to appointment and assistance walking. Her severity is 8 upon moving and settles in a few minutes to a 1.

Pertinent Medical History

A medical doctor diagnosed her with Onset Positional Vertigo and gave her medication with no relief.

Evaluation

Findings

Findings of Right S/I joint Superior
Elevated Shoulders and lateral scapulas
Sphenoid Right Torsion and Right side bend
Right Temporal minimal circumferential motion
Shallow breathing and holding breath during dizzying episodes

Tools used

CranioSacral Therapy and breathing exercised to reduce muscle tension

Subjective results

Patient was quite surprised to sit up with dizziness at a 2
And had a fast return to calm using the breathing technique

Objective results

She had a nice balance of the S/I joint
Elevated Shoulders softened down and lateral scapulas came to midline
Sphenoid balanced in Torsion and side bend
Right Temporal increased in circumferential motion
Patient learned the breathing techniques easily
Suggested patient to return as needed

Average length of sessions: One Hour and 15 minutes

Number of sessions: One

Cost of therapy prior to CST use: Information not available to me

Cost of CST therapy: \$135