

Upledger Institute Case Study

CranioSacral Therapy – Headaches, Fatigue, and Vision Issues

By: Jane Gatanis

“Name”/Age/Sex: Tammy, 22, female

History: was a c-section birth.

Symptoms:

- Headaches (tension/pressure)
- Trouble sleeping
- Fatigue
- Vision issues

Medical History:

- Lyme’s disease
- Acid reflux
- PCOS
- 2017 - 3 concussions from skiing (Feb., May, Dec.)

Other treatments: frequency and type:

- Osteopathy - 4 sessions. d/c due to her heavy work schedule.

Evaluation:

Findings:

- Restrictions in cranial base and right frontal bone, sphenoid: left torsion and sidebending, left maxilla flexion lesion
- Sacrum excursion limited flexion and extension; dural tube excursion limited both directions,
- EC : OCB, C2,3, T8,9,10, R frontal bone, L parietal bone
- Pelvic, respiratory and thoracic diaphragm restrictions.

Treatment: Direction of energy released (above) Energy cysts.; All diaphragms released. Dural tube rock and glide. released dura at C2-3 and L-S junction and dural sleeves in cervicals and thoracic spine; release of frontal bone and OCB (pain in head improved); release of sphenoid lesions reduced headaches significantly. Mouthwork protocol - release of maxilla and vomer lesions. Vector work for weak continuity of T8, 9,10 vertical axis.

Tools used: 10 step protocol, Sphno-basilar eval and tx, ARCing, DOE, mouth work protocol.

Objective Results: Diaphragm releases allowed better pelvic, lung and rib function creating less tension in the reciprocal tension membrane. Good SQAR of cranial bones, sacrum, free dural tube.

Subjective Results: Tammy reported that her headaches decreased significantly in severity and length following each session. Fatigue improved - was no longer struggling to get through a day of work. Reflux improving. She stated headaches decreased each session and were gone after 5th session. Sleep much improved. Some vision issues remain. Will follow up with vision therapy.

Length of sessions: 1 hour

Number of sessions: 6

Cost of therapy prior to CST: ~\$1200

Cost of CST: \$960

P.S patient has recently returned for therapy as she tripped on a step and caught herself with a jolt to her body – now re-experiencing some earlier symptoms.