

# Upledger Institute Case Study

## CranioSacral Therapy – Headaches & Neck Pain with No Energy

By: Kerstin S. Tracy

### **Personal**

Age: 64

Sex: Female

### **History**

**Symptoms:** Client complains of monthly debilitating headaches, especially on the Right side of the head – this has been going on for 30 years and nothing has helped so far. Client also complains of pain to Right side of neck. Client does not have much energy throughout the day.

**Pertinent Medical History:** Client used to be a figure skater and experienced many falls on her coccyx, and has been having issues with her eyes since age 3 - near sightedness and glaucoma. She also suffers from high blood pressure and high cholesterol. History of allergies and asthma attacks. Client also has been diagnosed with an upper thoracic scoliosis. In addition, client is on Naturethyroid for hypothyroidism.

Client also prefers homeopathic remedies over allopathic medicine, but is now taking prescription eye drops for her glaucoma in addition to homeopathic remedies.

Client started reading Liz Koch's book about the psoas and learned that CranioSacral Therapy might help her with her scoliosis and other issues.

Client is a retired accounting and used to work long, focused hours at the desk.

### **Evaluation**

Limited ROM to Both legs and pelvis with Left pelvic up-slip and tension and tightness to both legs; no palpable CSR on Left side of dural tube and trickle-like flow of CSF on Right side, combined with a strong strain from sphenoid to tail bone on the Right, limited ROM to lower thoracic dural tube with lateral thoracic curve starting at T10 to the Left; compressed feel between lower and upper thoracic dura, Left condyle collapses with head tilting to the left, Left scalenes, sternocleidomastoid, and trapezius were tight; tentorium very tight and rigid with barely any palpable flow of CSF through the sinus; Left sphenoid lateral strain lesion; Right palatine dropped, vomer torsioned \_\_\_\_\_ and restricted in flexion; Right zygoma medially compressed.

### **Tools you used:**

*CranioSacral techniques including:* Sacral Decompression including traction from sacrum, Respiratory Diaphragm Release, Thoracic Inlet Diaphragm Release, Hyoid Release, Sphenoid Lateral Strain Lesion Release and Sphenoid Compression/Decompression Technique, Modified Occipital Cranial Base Release including traction of dural tube from occiput – we started out with just an occipital hold here as tissues were very sensitive in the beginning, Temporal Bone Decompression Technique, Frontal Bone Lift, Parietal Decompression, Zygoma Release, Release of the Hard Palate including, Nasal Bone Release,

Maxillary Palatine Complex - flexion/extension/torsion/shear/disimpaction, Palatine Mobilization, Vomer flexion/extension/torsion/disimpaction, Mandible Decompression, Stillpoints, CV4s

**Objective results:** Client's lower back pain has resolved, as well as her upper back burning sensation that would appear later in the afternoon or early evening. Client's entire spine/dura has now an elongated feel and balanced and improved SQAR throughout. Left occipital condyle is stable and strain from Right sphenoid/temporal area down toward the dural tube is not palpable.

**Subjective results:** Client reports that her headaches are now far and few in between, and if she does have a headache it is very mild – it usually correlates with long car rides and a lot of sitting. Client mentions that she is sleeping better, and her glaucoma seems to be under control now and slightly decreased. She also reports that she no longer experiences lower or upper back pain, and her neck pain has dramatically decreased; she also has more energy than she has had for a long time.

**Average length of sessions:** 30 minutes

**Number of sessions:** 40

**Cost of therapy prior to CST use:** approx..

**Cost of CST:** \$2720