

# **Upledger Institute Case Study**

## **CranioSacral Therapy – Neck Pain**

**By: Maria Taame, CST-T, DO**

**Personal:** David

**Age:**23

**Sex:** male

### **History:**

#### **Symptoms:**

Weak neck, neck pain sometimes

Sometimes low back pain

Chest pain

Pain and imbalance after dental work

#### **Pertinent medical history**

David had dental occlusion issues and was visiting dentist in the last few years to repair his teeth and occlusion. He is also doing special exercises for that.

He works on his computer mainly with lot of sitting.

Kyphosis.

Played soccer game in the past and not anymore.

#### **How long treated by others; frequency and type**

Naturopath – every 1 or 2 months.

Primary Care Physician from time to time when needed.

#### **Evaluation**

The whole-body evaluation showed tightness and tenderness of the shoulder muscles and throat. Knees are bend all the time. Tension in the lower back. The posterior ribs are in tension. The hyoid and throat fascia are very tight.

Arcing showed different energy cysts in upper body and in pelvic diaphragm. The main energy cyst to work with was in the chest area.

#### **Findings**

The fascia was different within the body parts.

The pelvic and third chakras was unbalanced and clockwise rotated.

The hyoid bone area was very tight.

The liver and gallbladder showed congestion and energy cysts.

Facilitated segment in the low back (L3-5)

### **Treatment**

Started from the feet with CS rhythm evaluation and then fascial balancing. Balancing the diaphragms. Additional work needed on his ribs and liver. Avenue of expression techniques were performed in the next session and the protocol of mouth work as well as occipital base release and dural tuber rock/ glide. This improved his sleep and tension in the teeth and mouth was released. David could release some emotions of anxiety and depression and got calmer and relaxed later after the session.

His mood changed from the first session and started to talk more about his experience.

### **Tools used**

Arcing

Facial balancing

Vector balancing

Chakra balancing

10-Step Protocol

Avenue of Expression

CST/SER , still point

Mouth work protocol

### **Objective results**

The diaphragms were released and the body started to balance. Later, his posture changed significantly after the work done through releasing the avenue of expression and mouth work.

After somato Emotional release he could feel some emotional relief and admitted that he was able to perform his work better and personal life changed. He could sleep better from the first session and no tension in the moth or jaw.

Follow up sessions were able to maintain his healthy posture stable and be better in doing exercises.

### **Subjective results**

David could forget about his neck and back problems after 2 sessions although he still continued working with computers. The tension in the mouth got much less and easier to move his jaw. He mentioned that he stays the next weeks after the session in very good shape and feeling balanced.

David start dating a new girl after being with no one for a year.

**Average length of sessions** 1 hour

**Number of sessions** 8

**Cost of therapy prior to CST use** Unknown

**Cost of CST therapy** \$1200.00