

Upledger Institute Case Study
CranioSacral Therapy – Post-Concussion, Learning to Breathe Again
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Age: 64

Gender: Female

History

Symptoms

- Headaches
- Struggling to come up with words
- Memory issues
- Dizziness
- Trouble sleeping
- Grinding noise in ears like waves or traffic all the time

Pertinent Medical History

- Post-Concussion, vision problems, vestibular disorder, unspecified ear issues, muscle strain to fascial and tendon in neck
- Breast cancer
- Asthma
- Arthritis – spine and other areas of body
- Fibromyalgia
- Sarcoidosis
- Multiple surgeries: Hysterectomy, removal of multiple polyps in colon, lobectomy for sarcoidosis, removal of duodenal polyp, knee surgery, and nasal surgery.
- COVID-19 hospitalized due to complications with asthma

How long treated by others

In January of 2021 client was backed into by a bus, resulting in a concussion and injury to her neck. The client has been under the treatment of her primary care physician, osteopath, neurologist, physical therapist, and occupational therapist. They were referred to CST Therapy in August of 2021 and started treatment in September.

Evaluation

Initial evaluation assessed client's CranioSacral rhythm, fascial glide, arced for energy cyst, fascial restrictions in the intracranial membrane and dural tube, facilitated segments, and core restrictions.

Findings

Client presented with symptoms consistent with triad of compression: sphenoid, sacrum and occipital base. Craniosacral movement limited in the right and left side of her body, left side of her cranium, neck and shoulders. Myofascial tension in the temporal mandibular area, right temporal. Fascia tension in the vertical and horizontal membrane system. The craniosacral rhythm overall was slow, about 4-6 cycles per min.

Treatment

Full 10 step protocol, with extended time spent with the thoracic inlet, neck. Soft tissue mobilization for the neck, occipital base, ribs, and sacrum. Treatment for triad of compression. Some time was spent with sphenoid lesion patterns, and superior vertical strain had to be addressed over several sessions. Intra oral mouth work for treatment of hard palate, retro hyoid, and supra hyoid muscles. Treatment for compression of osseous and membranous on the right-side temporal area.

Tools you used

- 10-Step protocol
- Arcing
- CST/SER
- Dialogue and Imagery
- Regional Tissue Release
- CSWCD – Chronic Depletion

Objective Results

Initially the client had significant change in her symptoms, headaches greatly lessened in frequency and intensity, less dizziness, cognitive abilities improved, and sleeping became easier. Symptoms that continued to decrease over our sessions were the headaches, vision problems, and noise in the ears. At the end of our sessions, the only issue left over was the noises in the ears, though greatly reduced.

Subjective Results

The client was very happy with the treatments. They were released by the doctor to start driving again which reduced the strain on family members with the client's many medical appointments each week. Client is an accountant and the increase in cognitive function was vital to decreasing stress from working.

Discussion

When the client first started coming in for sessions, they could not relax, and every movement was guarded, even their breath. During the second session, unable to effectively perform any technique due to the hypervigilance, we were able to effectively use dialogue and imagery while performing a transverse myofascial diaphragm release at the respiratory diaphragm. The client became aware of their hypervigilance and used their breath to soften, relax, and seek peace in their body. With every shift in hand positioning, we dropped back into breath and practiced letting them soften, releasing tension and feeling calm. This continued until the client was able to continue this process on their own. The session was slow and paced by the client's ability to stay in their breath and present in their own body and tissue. When the client returned for their next session, their very first comment was "I learned to breathe again, and it has changed my life!". The client had continued to use breath in almost every instance in their life driving, work, home, sleep, everything. Reducing the tension from the hypervigilance was key in their healing process from post-concussion and many other areas of their life. SER was a key tool in helping to facilitate this client's own process and connection to their own body and breathe.

Length of sessions

60 Min.

Number of sessions

12

Cost prior to CST used

unknown

Cost of CST Therapy

\$1440

Last Date of Treatment:

30 December 2021