

Upledger Institute Case Study

CranioSacral Therapy – Preventive Treatment for Aging

By: Catherine Whelan, BS, LMT, CST

Personal: Sally

Age: 64

Sex: Female

History

Symptoms:

- Low back pain from an injury in early Twenties where a yoga teacher over stretched low back and created a compression fracture at lumbar vertebrae 5
- Right shoulder pain from a ski accident
- Occasional stomach discomfort, some food allergies
- Elevated stress response

Pertinent Medical History:

- 1977 compression fracture lumbar vertebrae 5
- 2014 Ski Accident injury of right shoulder

How long treated by other therapies; frequency and type:

- Allergist for food allergies
- Regular bodywork when not traveling

Evaluation:

Client travels for long periods during the year to remote islands. She has a few chronic injuries she is looking to prevent from creating problems when she travels. Sally gets concentrated treatment when in town as a preventive measure.

Whole body evaluations show energy cyst at lumbar vertebrae 5 sacral vertebrae 1 with tension pattern around energy cyst affecting pelvic diaphragm. A second energy cyst is in the right shoulder region with tension pattern to cardia of stomach. Good body awareness and self-reflection.

Findings:

- Primary ECs L5/S1, Right Shoulder
- Decreased ROM right shoulder
- Fear associated with low back

Treatment:

Originally treatment for Sally was focused on her low back pain and right shoulder. During these sessions we would use a combination of diaphragms, sacral techniques and dural tube traction. As the injuries resolved the sessions shifted more into working with the pattern of injuries held in her system. We would include the right shoulder and low back as two ends of one injury. Sally reported much relief from this approach.

Case Study 1

As Sally's system continued to improve and gain resiliency we introduced multi-hands work which deepened the whole body patterning not only physically but also emotionally. In these sessions and the single sessions she was able to process old injuries through therapeutic dialogue and imagery and change belief patterns that she was going to be limited by these injuries for the rest of her life. This was the real change in her body and how we began to approach sessions.

Tools used:

- Arcing
- CranioSacral Techniques
- SomatoEmotional Release
- Multi-therapist CranioSacral Therapy
- Regional Tissue Release

Objective Results:

Sally's right shoulder improved in overall range of motion. Her sacrum moved more freely with less compression at lumbar 5 and Sacral 1. Sally became less anxious and overall less fearful of her injuries. Throughout the treatments she processed lots of emotions and limiting belief systems preventing her self-healing.

Subjective Results:

Sally reported more access to her body and less pain and discomfort overall. She also reported a changed view of her health, a focus on positive and all the things she can and will do instead of injury treatment.

Length of Sessions: 60 Minutes

Number of Sessions: 23

Date of Last Session: 12/19/2018

Cost of therapy prior to CST: Unknown

Cost of CST: \$3125