

Upledger Institute Case Study

CranioSacral Therapy – Severe Headaches/Weakness in Left side

By: Kerstin S. Tracy

Personal

Age: 34

Sex: Female

History

Symptoms: Client complains of severe headaches, weakness in her L leg and entire L side of body. She states that her head/brain feels like it is on fire.

Pertinent medical history: Client recently hit her head near the L frontal bone -- she was creating arts and crafts underneath the dining room table with her daughter, when she suddenly stood up, rotated her upper body and hit her head on the underside of the dining room table.

She had an immediate headache that did not improve. She was driven to the emergency room where she was told she had a headache, and was treated for migraines. Her headaches persisted, and she has been on a journey ever since April 2017 to recover. The client is also complaining of neck stiffness and pain especially on the L side; she has a hard time sleeping because she cannot get comfortable when lying down.

The client also complains of sinus pressure since the last hit to her head six months ago. Previous health issues include hitting her head about four times in the past year, and a history of severe menstrual cramps and endometriosis. She was told she could not get pregnant, but has three children, after her last pregnancy she had an emergency hysterectomy due to severe bleeding, pelvic inflammatory disease, and ovarian cysts. She also started menopause in 2016 and has been diagnosed with Hashimoto's Thyroiditis.

The client has been seeing a chiropractor since her last head injury.

Evaluation

The client presented with asymmetrical CSR in her legs, lower thoracic dural tube, and cranial bones; R dural tube restricted; sluggish CSR globally; and restricted CSF flow beyond the left lower thoracic dural tube; shallow amplitude rate of CSR at 11 cycles per minute; Inner Wisdom did not allow me to do more than gently touch the head with neutral intention for assessment of the cranium.

During evaluation the CSF kept following my hands, as if it did not know how to flow on its own. The Inner Wisdom told me to keep encouraging the CSR, and that the injury was located near the sagittal suture. The anterior neck was very swollen with tight scalenes and sternocleidomastoids.

In addition, the client suffers from memory loss and aphasia; she also feels like she has no emotions, no empathy, no appetite, and is very easily overwhelmed by sounds, lights, and smells.

Tools you used: *CranioSacral techniques including:* Pelvic Diaphragm Release, Respiratory Diaphragm Release, Thoracic Inlet diaphragm release, Hyoid release, Occipital Hold (Part I of OCBR) – these were the techniques used in the very beginning. After about 2 weeks of our work together, she finally saw a

neurologist who diagnosed her with a subepidural hematoma. After this diagnosis was cleared we continued with the techniques above and added 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 as well as Sacral Decompression and Dural Tube Rock and Glide, Direction of Energy, especially in lower thoracic dural tube and occipital base.

Objective results: Improved SQAR overall in all areas – the area behind the L eye is still restricted (this may be related to the client’s recent diagnosis of pituitary gland tumor). The CSR is almost fully symmetrical between the left and right sides of dural tube. There is no longer any swelling in the cervicals, around the cranium, or in the anterior neck.

Subjective results: The client is now pain-free; her brain fog is gone and her word memory has improved. She is hoping to drive a car again in the near future, and has been able to exercise a little bit, which was impossible before. She feels optimistic even with the pituitary gland tumor diagnosis.

Average length of sessions: 60 minutes

Number of sessions: 45

Cost of therapy prior to CST use: ~ \$ 50000

Cost of CST: \$5400