

Upledger Institute Case Study
CranioSacral Therapy – Spastic Cerebral Palsy
By: Rob Fournier

CLIENT (GENDER & AGE): MALE 16
NUMBER OF SESSIONS: 15
AVERAGE LENGTH OF SESSIONS: 1 – 1.5 HOURS PER SESSION
DATE OF LAST SESSION: March 3, 2020
COST OF THERAPY PRIOR TO CST USE: UNKNOWN
COST OF CST THERAPY: \$1,500.00

HISTORY:

- Pertinent Medical History and Symptoms – Client has spastic cerebral palsy due to traumatic birth, no surgeries reported, he is on the following medication: diastat for seizures, miralax for constipation, Prilosec for acid reflux, epipen for allergy reactions, and grand and petite mal seizures.

Client is non verbal and uses an assistive communication device using eye gaze to choose between two choices. For mobility, he uses a powered wheelchair, but is dependent on adult assistance to use it. Client is dependent on adult assistance X 2 for bathing, grooming, toileting, dressing, and feeding. He wears Depends for toileting needs.

Client is able to reach to shoulder level with bilateral upper extremity with flexion patterning noted. He is able to grasp for up to 3 seconds.

- **Other medical Interventions** – PT, OT, SLP, Special Education on a weekly basis since birth (services provided by school system)

EVALUATION (& OTHER) FINDINGS –

1. CSR – weak in pelvic/respiratory diaphragm and thoracic inlet
2. OCB – tight
3. Frontal – compression
4. Sphenoid – flexion lesion
5. Suprahyoid – tight
6. Vomer – right torsion lesion
7. Sacral compression

TOOLS UTILIZED – Listening stations /arcings/ 10-Step Protocol/ positional tissue release/ direction of energy /mouthwork/acupuncture meridians/chakras/ parental support education / brain work/ glial cells

OBJECTIVE RESULTS: Improved CSR throughout, improved mobility at OCB and sacrum, increased ability to raise arms to head level with less flexion patterning, increased ability to engage in dressing with maximal assistance vs. total dependence, able to now grasp covers and pull over head, able to maintain grasp on walker for 20-30 seconds (previously 3-5 seconds), overall improved digestion with constipation improved by 60%, decreased overall body flexion patterning as noted during each session as arms and legs will lay flat on the table following 15 minutes

SUBJECTIVE RESULTS (DISCUSSION) – Overall, client displays an increase in engagement as noted by eye gaze and looking at therapist when a release is noted or in SD, he will further let out a humming noise or vibration; this was not present upon initial treatment. He went through completion of biological process nonverbally through following SD – he was stuck in birth canal and they used vacuum, his body was very tense and lots of emotion; through nonverbal dialogue informing client how would he like to be born, he then went through and unwinding and body then appeared calm and relaxed as he simulated the birth process again. Following that session, he displayed an increase in overall skill level and sharing his voice more on stating what he wants – mom reports that he would push away someone hand if he didn't want help or didn't want something they were trying to do, showing more independence.