

# Upledger Institute Case Study

## CranioSacral Therapy – Tremors, Lower Back Pain & Stiffness

By: Kerstin S. Tracy

### Personal

Age:

Sex: Male

### History

**Symptoms:** Client used to be very active skier and hiker. He presented with tremors in both arms, (primarily Right), bilateral lower back pain, as well as bilateral neck pain, low energy, stiffness in entire his entire body. His sleep is interrupted, and he has knee pain in his Left knee.

**Pertinent Medical History:** how long treated by others; frequency and type: Client was involved in roll-over motor vehicle accident as a teenager; he does not remember much other than that he was thrown out of the vehicle and that he was not diagnosed with a concussion back then.

Client was diagnosed with Parkinson's in 2006 and had to retire from being a dentist at that time. He worked as a dentist for 40 years and was very saddened when he had to stop working in his profession. WHEN?? He had knee replacement surgery on Right knee.

Client's wife has been motivating him to seek out allopathic approach as well as natural healing techniques. Client is scheduled for brain surgery via frontal lobe to reduce the tremors (DBS – Deep Brain Stimulation) on July 26<sup>th</sup> 2019

Client has hopes that CranioSacral Therapy will improve his symptoms enough to possibly cancel the procedure. Client also tried stem cell therapy, high melatonin therapy(no results) , high coffee intake (no results), several medications (moderate results), he also receives physical therapy to stay supple.

### Evaluation

**Findings:** First evaluation of client showed limited ROM to Left knee, sacral dural tube and left SI/glutes, deep restriction and facilitated segment in Left lower thoracic dural tube, and compressed cervical dural tube. The dural tube showed distinct rotations in sacrolumbar junction to the right, and the lower thoracic dural tube to the left – just the way client used to sit and work as a dentist for 40 years. I also found rigidity in the Right tentorium, as well as compressed parietal bones, compressed sagittal suture, rigid falx cerebri and falx cerebelli. There was also compression of sphenoid at the sphenobasilar synchondrosis, and all other cranial sutures felt compressed

### Tools you used:

*CranioSacral techniques including:* Dural Tube Rock and Glide, Sacral Decompression, Pelvic Diaphragm Release, Direction of Energy (especially in lower thoracic dural tube), Respiratory Diaphragm Release, Thoracic Inlet Diaphragm Release, (which led to immediate ending of tremors and deep relaxation of client), Hyoid Release, Occipital Cranial Base Release (including traction from occiput), Cranial Pumping,

CV4s, Stillpoints, Parietal Decompression, Frontal Bone Lift, Temporal Bone Decompression, Sphenoid Decompression

*Neural Manipulation:* Vertex Release, Coronal Suture Release, Temporal Bone and tentorium release

**Objective Results:** Client's tremors have greatly reduced during sessions; client relaxes deeply and even falls asleep. His body is much straighter, less rigid, lower thoracic dural tube restrictions have resolved, cranosacral rhythm is able to express itself within cranium and throughout all sutures; client's neck and lower back pain have decreased by 60% which allows him to go for walks again

**Subjective Results:** According to client's wife, both she and client now feel comfortable having him drive his car again. She also states that she noticed that he is mentally much clearer than before, and his memory has improved. Client states that he is much calmer and has decreased tremors, his movements are smoother and more balanced, and his fine motor skill has improved when he gets water out of the water cooler by himself before his sessions.

Client is happy to continue with this therapy as he notices great improvements, not only in regards to his tremors but also in his overall improved mood.

**Average length of session:** One hour

**Number of sessions:** 12 and continuing

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

**Cost of CST:** \$ 1400