

Upledger Institute Case Study
CranioSacral Therapy –Concussion
By: Rob Fournier

CLIENT (GENDER & AGE): MALE 12 YEARS OLD
NUMBER OF SESSIONS: 3
AVERAGE LENGTH OF SESSIONS: 1 – 1.5 HOUR SESSIONS
DATE OF LAST SESSION: February 20, 2020
COST OF THERAPY PRIOR TO CST USE: \$100.00
COST OF CST THERAPY: \$350.00

HISTORY:

- Pertinent Medical History and Symptoms – Client suffered a concussion due to a surfing accident. He fell off surfboard during low tide on right side and hit head on sand. He was out of school for 2 weeks due to headaches and migraines. Client suffered word loss, difficulty with speech, and mild memory loss. He was reporting pain as 9/10 and very sensitive to light. He is not on any medications and no previous surgeries.

- **Other medical Interventions** – Accupuncture one time right after accident

EVALUATION (& OTHER) FINDINGS –

1. CSR – weak right hip/ ribs/ thoracic inlet
2. Frontal bone – compression
3. OCB – tight, compression of axis
4. L5 – S1 – compression
5. Sphenoid – right sidebending lesion
6. Energy cyst right shoulder

TOOLS UTILIZED – Listening stations /arcing/ 10-Step Protocol/ positional tissue release/ direction of energy /mouthwork/acupuncture meridians/chakras/SER – dialogue - recreate incident – parental support. RAS – setting a new normal, completion of biological process, brain work, glial cells

OBJECTIVE RESULTS: Improved CSR throughout, release of energy cyst at right shoulder following recreating incident, improved mobility at OCB, sacral decompression, pain went down to 0/10, client report no more headaches or dizziness, word finding came back to normal, able to return back to school and catch up on all work / tests missed – grades at a A/B level.

SUBJECTIVE RESULTS (DISCUSSION) – Client was able to do a completion of biological process around his birth and surfing incident. He was able to release the stress / PTSD around the incident and able to return back to surfing. Client has moved several times since being a kid due to dad’s job relocation. This brought up not feeling safe, grounded, and belonging anywhere. He enjoys his new passion of surfing since moving to California 6 months ago which has allowed for new connection, grounding, and belonging. He was able to identify that it was safe for him to be in one place and enjoy his passion/ connection he gets from surfing. Following the third session, he was able to successfully return to surfing.