

CranioSacral Therapy and ADHD

By: Jeff Rogers LMT, CST-D

Personal Information: healthy 9 year old girl with a diagnosis of ADHD

Symptoms: Some issues at school with numerous inappropriate outbursts and the attending periods of "re-focusing" as it's referred to now.

Evaluation: She presented with some restrictions in the respiratory diaphragm and the thoracic inlet along with compression at the OCB and significant temporal imbalances, most notable being the right temporal bone was very sticky and had a greatly diminished excursion through flexion and extension. A side bend convexity right of the sphenoid is also present reflecting a compensatory pattern in the sacrum.

Tools used: If I do the diaphragm releases at the outset of her treatment, the work with the cranial membranes tends to require less effort. This is due in no small part to the "sedating" effect of the diaphragm work. I have been addressing the OCB using the method in the newborn/infant and toddler protocol. The reason being is that trying to perform it as taught for older children and adults is very uncomfortable for her and she tends to squirm. SphenoBasilar decompression as well as mobilizing the temporals with extra focus on "ear pull" of right temporal are also a regular part of the motif. Each time she returns the corrections are required again though less time is required for each. Most of the sessions now center around helping her discover strategies to notice when the impulse to act out is rising and ways she can re-focus on her own before it becomes an issue involving teachers and parents. How long this will take to become habit remains a mystery but in the meantime she is benefiting from and enjoying the time on the table.

Objective Results: The various issues are still present though they're correcting with much less effort and time than when we started and they seem to be holding the correction longer.

Subjective Results: Her dad has told me that she's been more able to check herself before an inappropriate outburst at home as well.

Average length of sessions: She has been seeing me now for over 6 months off and on. While there are still "re-focus" moments required, the frequency has been more than halved. In order to help her stay still we've devised a few games that have made the sessions much more fun for her and much easier for me! Each session is between 30 & 45 minutes in duration.