

CranioSacral Therapy and Ear Infections

Description:

Personal Information: 3 year old boy

Symptoms: Severe ear infections with drainage tubes inserted to keep pressure from building and facilitate drainage. His Mom brought him to me prior to taking a plane trip to Utah to visit Grandparents. She'd heard that CST might be helpful with ear afflictions in children and wanted to try it out.

Evaluation/Tools used: Initial evaluation showed triad of endogenous compression as well as very limited movement of both temporal bones and a restriction in the movement of the parietals as well. As I was told in class, working with young children can be quite different from adults. I was impressed at how easily his system responded to the work. Initially I was drawn to his dural tube and we did a little rock and glide to start. Then abdominal and thoracic clearing and release and hyoid release before working on the cranium. We did a cranial base release using the appropriate method for pre-eight year olds. After that it was releasing the parietals and decompressing the sphenoid. These led into some significant time spent on the temporal bones. As this was before the change in the curriculum regarding the temporals, I did some very light taking them out of synchrony both at the mastoid and circumferentially and the ear pull. It really seemed to be what he needed as they were so little movement with them.

Results: They were only able to come in once before the plane trip. I was really hoping that this session would be helpful! When they came back after their trip, lo and behold, not only had there been no problems with his ears while flying but the tubes had come out of their own accord! I saw him just the one more time and that was all he seemed to need. I've subsequently worked on his Mom, aunt and grandma over the years and have kept up with him through them.

He came back to see me when he was 17 for something altogether different (A football injury that was unremarkable) and had no memory of his sessions at three years of age or of me! I thought this was a good sign. He's now in his early 20's and has a child of his own.