

## Fractured Sternum and CranioSacral Therapy

**By: David Cook**

**Male patient. Age 43.**

**Presenting symptoms:** This gentleman presented complaining of anterior chest aggravated on inspiration and mid dorsal pain, bilateral low back pain with radiation to both sciatic nerves with parasthesia (SI) and to both groins and median nerve pain right. In addition there was pain following the distribution of the great occipital nerve bilaterally and temporal headaches.

All symptoms had occurred since a ballooning accident eight weeks previously at which time his sternum was fractured and he suffered loss of consciousness and generalized bruising when thrown out of the balloon on a bad landing and became entangled in ropes. He was hospitalized for one week.

His job was as a salesman and his job was in the balance as he had been unable to make any sales since returning to work. No other significant medical history.

**Previous treatment:** He had received observation in hospital following the loss of consciousness and fracture. Seemingly no treatment was given other than what seems to have been analgesics. He had received both radiography and MRI scans.

**Evaluation and treatment:** It was important initially to put on my osteopath's hat and observe deep tendon reflexes, straight leg raising test and Babinski test all of which were normal. Muscle testing and sensory tests were also normal. Physical observations showed minor structural lesions on the upper cervical and pelvic regions. I started treatment with arcing which showed the focus to be in the midsternum and several broken vectors in the midline of the body and pelvis. I used the ten step protocol to work generally on the body with particular emphasis on the triad of compression/decompression. Over the next six sessions I worked with the foci provided through arcing removing energy cysts, using regional tissue release and realigning vectors to the point where virtually all symptoms had resolved with the exception of his sales ability. During the next two sessions he was able to contact that he had not exhaled after the accident, which together with mouth work allowed him to regain his selling ability (!), the residual breathing difficulty and other apprehensive fears associated with the accident. We completed the work by allowing himself to relive the balloon landing without the accident so that a normal landing happened. Since this time he has enjoyed good health, regained his selling ability and become much happier to the extent that he has now returned for treatment to address relationship problems.