

Headaches and CranioSacral Therapy

By: John T. Jackson, LMP, CST

Name: Mary (for narrative purposes only)

Age: 20 years

Sex: Female

History: Automobile accident, stopped a light when rear-ended by a Mini-Van traveling 35-40 mph. Her head struck the head restraint upon impact. She stated that she was a little sore immediately after the incident and thought she was okay. Approximately one month after the accident she began to experience symptoms. Prior to this accident, Mary was healthy with no remarkable history.

Evaluation/Observation: Mary appeared very pleasant. She seemed otherwise very healthy. Her head was held in a forward position while standing and sitting. She was able to answer all of my questions concerning her accident. She did seem to be quite tired and when she turned her head she was not able to turn completely to the right or left without involving her whole body. There were obvious muscle spasms in her neck that caused her to cringe if she momentarily forgot and turned her head too quickly. CranioSacral evaluation of the O - A joint revealed a severe compression. Her hyoid was restricted, torsioned, and sidebent involving infra and retro hyoid muscles, tendons, and fascia. This line of tension could be felt deep into the thoracic inlet anteriorly and posteriorly. There were sphenobasilar extension and right torsion lesions presenting as well as a left lateral strain. There were sacral restrictions along with soft tissue soreness at both the sacrum, upper back, and neck.

Treatment: CranioSacral Therapy, Muscle Energy Technique, Myofascia release, Hot/Cold fomentations, Massage

Length of Tx: 11 treatment sessions of 1x per wk over 3 months

Subjective results and discussion: The patient stated that her headache pain which started behind her ears and radiated forward reduced significantly after the first session. She was quite amazed at how effective the light touch was. She stated that her headache pain continued to decrease and change as treatment continued. After the third craniosacral session her headaches were completely gone.

Objective results and discussion: Mary responded very well to treatment for two good reasons, one being her age, and two her overall physical condition prior to her accident. During treatment with me, she also saw a chiropractor, and worked two jobs. Although she was very strong, her stamina was waning by the time I saw her. Her system at large as a result of her craniosacral system being under strain was losing its resiliency. As her body/mind released she needed to sleep. In my opinion, the cranial work facilitated that decrease in sympathetic and parasympathetic tonus which allowed her to rejuvenate. As autonomic tonus resolved, focus for the remainder of her treatment was centered around resolving residual myofascia restrictions and maintenance of progress using Muscle Energy Techniques, lymph drainage, and good old massage. Her final evaluation with me was good. She quit one of her jobs, and had regained her strength but was deciding to use it a little differently. She no longer looked tired, nor did she stand or sit with her head bent forward. Her previous headache pain was gone. She was sleeping well with no lingering effects of the

accident. It became apparent to us that we were finished and so we ended treatment. She has since moved to another part of the state and I no longer have any contact with her.