

## Herniated Disc and CranioSacral Therapy

**By: Norma Hayhurst, RN, CHT, CST**

**Personal Information:** 52yo, Male

### **History:**

**Symptoms:** Sore muscles, hips, lower back pain

**Pertinent Medical History:** Diagnosed with a herniated disc (L2 - L3) - doctor suggested possible surgery, client refuses surgery. Rotator Cuff surgery to right shoulder (about 1996), Left Rotator Cuff surgery 4-12-02, been in an auto accident (age@ 5-6ys, @ 12 yrs), fractured right hand & fingers, (no date), fractured right ankle (no date), surgery on left knee (no date), fractured left ribs (no date, no rib numbers noted)  
How long treated by others, frequency and type: Provided little information, although he has mentioned seeing a chiropractor a few times for hi back.

### **Evaluation:**

**Findings:** Client limps (left leg) appears shorter than right, CSR is restricted in pelvic region, especially left A.S.1.S and left shoulder (before his recent rotator cuff surgery), facilitated segments C7-T2, T10-S1, sphenoid compressed, dural tube felt compressed (great release with Dural Tube Rock and Glide).

**Tools used:** CranioSacral Therapy, SomatoEmotional Release, ZB, Acupressure, myofascial release, many sessions with direction of energy.

**Objective Results:** Initially I was able to do 10-Step Protocols with every session, sometimes with a few '1/2 moons to his legs at the beginning of the sessions. In recent months he is experiencing more SER's . He has had improved quality of both shoulders and hips, although the left hip continues to surface with some frequency. Both legs are usually even and the client rarely limps upon arrival for his sessions. He has had mouth work (initially he was quite resistant due to his dentures), but with trust and gentle persuasion I have gotten some nice results. Some of his SER sessions have taken him back to his childhood and late teen years as young marine in Vietnam. There is obviously some PTSD related to his shoulders and hips, some of which has been resolved.

**Subjective Results:** SER sessions with this client have not always been easy to approach. His resistance is on super alert status, although over time he has been making improvements. The chipping away progress has almost eliminated all pain from his shoulders and right hip. He has been willing to assume some positions which take him right back to a specific time on a boat, (kneeling with gun supported by left-bent knee and elbow) firing a gun into the jungle. Putting him into this position has been helpful, but the core issue is still seemingly lodged in his left hip. As a facilitator, I had previously thought about suggesting another CST therapist who might be of more help to him. Yet on the very day I was going to discuss this with him, he told me that he felt he was making progress physically, emotionally, and spiritually. I reflected on his words and realized it is his "trip" through each session, at his own pace, and in his own style. This was a great lesson for me and I have become far more patient with his progress and more accepting of the distance he can achieve. I realize he may never be able to clear out the Vietnam issues. One important note is a change in his personal lie. He was married and divorced in his twenties, joined AA (successfully), and maintained a close relationship with all three of his children and ex-wife (who died of cancer a few years ago). He remarried earlier this year and seems deeply contented.

**Average length of sessions:** 45 minutes  
**Number of Sessions:** 87