

Left Back Pain and CranioSacral Therapy

By: Charles Gilliam

Personal History: 48yo, Female

History

Symptoms: Mary could neither sit nor stand for long periods of time, in constant pain and had been that way for months. Mary could barely walk into the office. Had seen a chiropractor months before and only got worse and would not have anything to do with the medical profession and would not have an operation for her back. Headaches and intense pain in left side of low back.

Pertinent medical history: Two years old had glass bottle accidentally broken over head causing concussion. At five years old hit and broke windshield with crown of head causing compression fracture. Numerous horse riding accidents including falling off, being fallen on and kicked. At nineteen years old her left knee became swollen and was diagnosed with juvenile rheumatoid arthritis. Mary doesn't like the medical profession. She has tried from steroids to aspirin and stopped all. In December of 1989 she was building a barn and threw out left back and hip lifting. Menopausal for 1 year. Smokes a pack a day, drinks coffee, no drugs or alcohol, responsible for the way she lives. Takes one ibuprophen when real bad. Had chiropractic a few years ago and it helped a little. She had deep tissue massage in the spring but it did not help.

Evaluation

Findings: Compression vector from crown into upper thoracics and dural tube, including sphenobasilar compression and A-0 compression. Compression and left torsion in lumbosacral juncture and L4. Left kidney area tight. Arcing to heart.

Tools used: SER. CST. Visceral Manipulation. Zero Balancing.

Objective results: Headaches gone. Decompression of sphenobasilar juncture and A-0. Decompressed lumbosacrally. Pain level at Left lumbosacral area and hip went from a 9 to a 3. Chronic tension in mid thoracics remained at last session.

Subjective results: SER's effected the following: unwinding the left pelviskipAumbar area brought up memory of falling down 32 steps at age 20 and the no showing of the pain at the time; grief of father dying the previous June and her responsibility in his care; basically, her father had born so much pain in his life, as he helped her and others, that she felt she had to bear all this pain in herself because he suffered more. When she left she had a minor level of pain in her hip and no headaches. She had the resolve and understanding that she must give herself time and space to heal, even if it meant letting others do some of her work in her business.

Session length: One hour

Number of sessions: 7