

## Migraines and CranioSacral Therapy

**By: Brain Calderon**

**Personal Information:** 50yo, Female

**History:** Patient was referred for therapy by her treating chiropractor. Patient was complaining of high pain in her neck, shoulders and back. She had a constant HA and some migraines. She states that she did have a (R) shoulder separation about 20 years ago, had physical therapy and got medication for her MD. She did have an auto accident 30 years ago. She is very active like to hike, camp, bike, canoe and run. She has recently stop most of her activities due to her condition. She has two kids and is divorced. She states she has not had any treatment since her injuries. She states that she has been seeing her chiropractor for 1 month at 2 times per week. She states that her chiropractic care is helping her condition. She is not on any medication.

**Evaluation:** Pain and limitations were mod in her ADLS, work and leisure areas. She had mod-high pain in her head, neck, shoulders, and back. Pain frequency was at 75%. She stated that she has 1-2 good days per week. She had active trigger points, jump signs and muscle spasms in her head, neck, shoulders and back. She had a head forward position, asymmetric shoulders and pelvis. She had limited AROM in her neck, shoulders and trunk. She had mod pain with all neck, shoulder and trunk movements.

**Modalities:** Treatment consisted of CranioSacral Therapy, Visceral Manipulation, SomatoEmotional Release Co-Treatments, Lymph, and movement.

### Results

**Objective:** Pain and limitations were no-mild with her ADLS, work and leisure areas. She was able to dance for 4 hours without pain, attend a 4-day bike tour with some pain, canoe for 4 hours without pain. She is able to sleep through the night and feeling refreshed in the morning. She had decreased trigger point activity in all areas and her posture improved to WNL. Her AROM improved in her shoulders and trunk to WNL. She lacked 10-15 of AROM in her neck. She had min pain with all movement. Patient now is performing all her leisure activities and exercise 3-5 times per week.

**Subjective:** Her pain levels were reduced to no pain to minimum in all areas and her pain frequency reduced to 10-20%. She is now having 6-7 good days per week.

**Treatment Length:** Twelve one-hour sessions.