Neck Pain and CranioSacral Therapy

By: Herbert M. Carty, MT,CST

Personal Information: 37 years old, Male

Other information: Married 4 years ago, father of one child, works very hard for an insurance company, around 10 hours daily. His hobby is surfing which he did every weekend even during winter time. He had a regular fitness routine in a gym 4 times a week before going to work.

History
Symptoms: Strong pain in the neck, inability to turn head fully to the left, shows more range of rotation to the right but with effort and some discomfort. He bows his head continually, in an effort to release the tension he feels. Headaches at least 3 times a week, he mentions inability to concentrate during working hours, finds extremely difficult to cope with his work lately. It has been impossible for him to surf for the last 3 months due to the acute pain in the neck while lying on his chest on the surfboard and elevating his head in order to see the waves coming ahead.

Pertinent medical history: The patient brought magnetic resonance images showing 2 herniated discs between C3-C4 and C5-C6. The medical diagnosis to his acute pain and headaches were these herniated discs.

How long treated by others: Right after his diagnosis the patient underwent physical therapy, which included application of heat, compresses, electrical stimulation on the area in order to diminish tension in the cervical bones, massage and traction of the head. After 26 sessions of physical therapy and having had various sessions in which he reported having felt worse and sore he received acupuncture therapy, twice a week during 4 weeks. He said that his headaches diminished frequency but nothing else so far.

Evaluation: During the evaluation it was clear that his lumbar lordosis was very high while lying on the working table, there was lots of tension in the pelvic diaphragm as well. His CSR was clear and strong showing good quality, it was also very symmetric in the whole body, the thoracic inlet/outlet was also tense but what called my attention was the immobility of one of the clavicles, the right one. I also noticed that the quality of the' rhythm was not as good in that area as in other parts of the body.

Findings: I also found out that there was a clear loss of the cervical lordosis as well as lots of tension in the base of the skull, later on while doing the OAA technique I realized the atlas was really stuck and pressing the condiles of the occipital bone. It was also interesting to notice the immobility of the hyoid bone and the rigidity of that area.

Tools used: In this case I asked the body through the CS rhythm if the umbilical cord had been during gestation around his neck and the answer was a sudden stop of the CSR, I shared this information with the patient and he told me that he did not know but he could ask his mother. The next week in our 2nd session he confirmed that he had the umbilical cord around the neck and that was one of the reasons he was born caesarian.

Objective results: After our first CST session the tension around the neck diminished a little, but it was in the 2nd session that the body went into SER and I could speak with the fetus inside the womb and asked him why he had put himself in that position, the incredible response was that he did not want to be born on earth and that he tried to kill himself. After

working with this incredible piece of information through therapeutic dialogue, by the moment he stood up from the table, he was like another person, his pain almost completely disappeared, he showed me much more flexibility and range of movement to both sides, still the right better than the left, but the change was astonishing.

Subjective results: The patient reported more enthusiasm in his work, a more positive attitude towards life and problems; he mentioned feeling like a new person and was craving for going to surf again.

Average length of sessions: We kept working for almost 10 months, sometimes every 2 or 3 weeks or once a month at the end. All the sessions including SER sessions lasted mostly one hour.