

## Neck & Shoulder Pain and CranioSacral Therapy

**By: Pam Kapoor**

**Personal:** C **Age:** 78 years **Sex:** M

### **History:**

**Symptoms:** Severe neck and shoulder pain, anxiety, difficulty sleeping and overly fatigued for almost a month. The symptoms had become more pronounced in the last couple weeks.

**Pertinent medical history:** Rapid increase in liver ALT and AST from normal 40 to 480 units in one month. C was on medicine for a number of years to control his high blood pressure. He suffered of factor IX deficiency and arthritis for about 10 years and used anti-inflammatory drugs for chronic neck, back and shoulder pain. He was on 8 different prescription drugs and some vitamins. He had regular medical check ups twice a year.

### **Evaluation:**

**Findings:** C had two appointments 2.5 years prior to the current problem for severe back, neck and shoulder pain. At that time I had felt a lot of toxicity in his liver and suggested him to use a liver detox with his physician's permission. He had felt very good after the two treatments so he did not take the detox; he did ask his doctor to check his liver and was given a clean bill of health. During C's current CST evaluation I found that the quality, rate, and amplitude of CSR were extremely poor. There was energy cyst on his liver and the CSR amplitude at the respiratory diaphragm was almost zero. C's CSS was very restricted.

**Tools Used:** CST, SER, CSIR, Brain Speaks, LDT, VM, Myofascial release.

**Objective Results:** During the first session, C worked with failure and humiliation as a child, which carried over to his adult life. Tissue release was observed in the thoracic, pelvic and cervical areas. During the second appointment, he worked with the RAS, trigeminal nerve, bacteria in the neck, digestive system, liver, spleen, heart and mouth. C was much calmer and tissue release experienced in the entire body. During the third appointment, C worked with left cerebellum, established communication between it and the centrum with the help of corpus collosum. The thymus also informed that it works with the pituitary but does not take instructions from it. Some release in the cervical area and lot of tissue release in the cranium was experienced.

**Subjective Results:** After the first appointment, C reported that he felt that a weight was lifted from his chest, pelvis, shoulders, arms and legs. He was also able to breathe much better. He did not have to resort to sleeping pills to sleep. After the second appointment, C reported much improvement in the level of his anxiety and was sleeping through the night, which he had not done in years. His elevated liver enzymes were reduced by 50%. After the third appointment, C reported that he could think much clearer like a fog had been lifted, and that his liver enzymes were perfectly normal.

**Average Length of Session:** 1-1.5 hours

**Number of Sessions:** 3 (av. 113 days)