

## Pediatric Dizziness and CranioSacral Therapy

**By: Herbert M. Carty, MT,CST**

**Personal Information:** 13 yrs old, Female

Only child was born caesarian at 7 1/2 months, due to a sudden heart acceleration.

### **History:**

**Symptoms:** The patient reports dizziness that increases when she closes her eyes. This symptom began 5 months ago, the first times very subtle but it has been increasing both in intensity and frequency. She has vomited on 4 occasions and said that immediately after vomiting she felt better.

**Pertinent medical history:** Her parents have taken her to a couple of specialists, she was diagnosed to have Meniere sickness, but the second specialist rejected such diagnosis and said it was psycho somatic, and stress related, therefore psychotherapy was proposed and some pills for anxiety.

**Evaluation:** I asked the patient to stand up looking to the front and tell me if at this time she felt any dizzy. While being in this position I asked her to lift her arms to the sides and lift one foot off the ground. She could not stay standing not even 2 seconds.

**Findings:** While on my table I began arching the patient's body and felt an energy cyst that caught my attention in the base of the spine, in the left sacro iliac joint. I also found that the whole spine seemed to be pressed in, like an accordion, this was a very particular sensation that I had not felt very often. In the area of the neck, the hyoid and the upper cervicals were very tense and immobile. There was not surprise when I reached the temporals and the patient told me immediately that this was causing her dizziness. I perceived impairment in the movement of the temporal bones and wanted to check the mandible. I then felt a hyper developed masseter muscle. I asked the parents if they had notice her grinding her teeth at night, and they said they did not know, but that she was a fanatic of chewing gum, and that she is always with a chewing gum in her mouth and that they had her sugar free chewing gum minding she might gain weight! I was sure this little girl had bruxism I could tell by the wear out of her teeth, I asked the parents to take her to a dentist and check if I was right. I also found out the sphenoid to be highly sensitive to my touch (energy) even though I did not even touch her skin. There was work to do in here as well.

**Tools you used:** As in previous cases I used all the CST listening techniques, arching, fascia1 glide, CSR, etc.

**Objective results:** We did not have much of a change in the first session, the patient was very nervous and defensive, and it seemed that she had gone through uncomfortable body explorations before. But after our second session, things improved a lot; she said that she had felt like popcorn popping inside her ears while I was doing the Ear Pull technique, and that she felt much more room in her head. After the 4th session the dizziness disappeared completely even during time of examinations at school and without taking the pills the doctor sent her. We only needed 5 sessions to finish up and she comes for treatment every 3 months.

**Subjective results:** Although she wore a relaxation plaque during sleep to prevent damage from bruxism, she says that she does not feel the need to chew gum every day, and that she prefers having candies. I believe this is also a positive reaction to CST, now that the

bones move freely. Finally, we developed a nice relationship and she is no longer afraid of doctors although I am not one of them.

**Average length of sessions:** 45 minutes to one hour each session. Number of sessions, 5 sessions in total