

Perianal Pain and CranioSacral Therapy

By: David Cook

Female patient: Age 30

Presenting symptoms: This lady presented with acute + + perianal pain of four years duration since the birth of her first child. The pregnancy had been uncomplicated. There was no bowel or bladder involvement or neurological deficits. The pain was aggravated during menstruation. The delivery was prolonged with a major episiotomy. There was no residual dyspareunia. She was very fearful of having subsequent children which she greatly desired. In addition she complained of headaches worse in the sub-occiput and frontal regions also since the childbirth. 'Indigestion' since the death of her father, a general feeling of being unwell and aching all over the body. Otherwise all body systems seemed to function normally. She had had a bad fall onto her face as an 8 year old. Tonsillectomy as a 10 year old.

Previous treatment: At the onset she had been treated with various analgesics, had a pelvic X-ray, ultrasound scan and a MRI scan none of which had shown anything of consequence. Subsequently her doctor referred her for psychological counseling and anti depressive medication had been prescribed in conjunction with, at one stage, anti-spasmodic drugs.

Evaluation and treatment: Initial treatment used the ten-step protocol to balance the pelvic diaphragm together with OA release and dural rock-glide. Special focus was towards vomer flexion with compression and SBS extension. CV4 was used to help achieve some ANS balance. This treatment over the course of four weeks produced reduction of all symptoms but only minor changes in the anal pain. She was then able to get in touch with her 12 year old when she was shown a picture of the fetus in utero and on asking her mother how the baby came out was given a very unsatisfactory answer. The outcome of this was that she was unable to dilate the cervix at delivery because some part of her considered that this was not possible, thus the episiotomy had been necessary. On our next sessions she went through child birth and then I 'reprogrammed' the biological process by going through birth as she would have liked it. After these sessions she had no pain and subsequently she has dealt with her father's death. There would appear to be other issues to be dealt with but she is not prepared for them yet. She has since produced another child with great ease and happiness. All sessions last one hour.