

Sciatic Pain and CranioSacral Therapy

By: Gloria Flores

60 Year Old Female

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History: This patient had been suffering from recurrent sciatic problems for more than 15 years. The patient had been experiencing constant sciatic pain without letup since the death of her mother, eighteen months prior to her seeking CranioSacral therapy. The client had been seeing a chiropractor monthly over the past 18 months for relief from the pain. After each chiropractic treatment she receives minor, temporary relief of pain. Outside of the chiropractor this patient does not receive any other type of regular therapy.

Evaluation: This patient presented with dural tube restrictions in the lower lumbar area and multiple sphenoid lesions.

Treatment: During her first CranioSacral therapy session I began with a 10 step protocol. As I began the Pelvic Diaphragm Release I casually asked the client when she first noticed the start of her most recent bout of sciatic problems. She said it started shortly after her mother's death when she was doing some gardening and lifted and threw a large bag of potting soil over a balcony. As I released the pelvic and respiratory diaphragms, the client and I both became aware of borborismus coming from the posterior of her body, from the thoracic area to the lumbar area. As I continued doing structural work, the client continued talking about her emotional feelings over her mother's death. Along with the 10-step protocol I also treated the client's sphenoid lesions. The session lasted about one hour.

Outcome: When the patient stood up, she said she felt overwhelming pain relief. The next morning she woke up and felt even more relief. She was able to stand and bend over with no pain for the first time in a year and a half.

Two years have passed and the patient has not had a recurrence of the sciatic condition since her first treatment. She sees me about once every 6 to 9 months depending on if she has any small sense of back pain.

Conclusions: At the time I treated this patient I did not know how to facilitate an SER since I had not yet taken an SER class. But it was obvious that the client talking about her emotions as I did structural work facilitated her release process. It seems that the sciatic pain this client suffered was a result of her feeling emotionally over-burdened after the death of her mother. The client's emotional state must have put her body into a weakened state so that an activity that normally didn't bother her, caused a chronic condition that her body was unable to correct on its own. Obviously this client was willing emotionally and physically to return to health since she was able to improve so dramatically with only one treatment. Talking about the emotions she experienced over her mother's death during her treatment session facilitated the client in releasing these emotions from her body.