

Sinus / Breathing Problems and CranioSacral Therapy

By: Gloria Flores

70 Year Old Male

Treatment Start Date - October, 2005

History: The patient came to me for CranioSacral treatment while visiting his daughter for one week in California. He resides in Oregon. He had just completed chemotherapy treatment after surgery for bladder cancer. He had also been suffering from sinus problems for many years and because of recurring sinus infections and allergy problems, he had been advised many times by his medical doctor that he needed surgery to open up his sinus passages. Four years previous to treatment the client had suffered a stroke and has minor residual mobility problems on the left side of his body. His client intake form also showed he suffered from diverticulitis and back problems. He sees a chiropractor on occasion, but does not receive any other therapy on a regular basis.

Evaluation: The patient had problems breathing. He had missing cartilage in his nose after breaking the nose more than 20 years prior to treatment. Evaluation and treatment showed a very slow, hard to detect cranio sacral rhythm.

Treatment: Because he would only be in California for about a week, I decided to offer the patient intensive treatment. The client received one-hour CranioSacral Therapy sessions every other day for one week and therefore received a total of 4 treatments. The sessions involved the patient receiving a 10-step protocol during each visit, with special attention given to the Pelvic Diaphragm Release work as well as to the adjustment of his cranial bones. The sessions began with a CV-4 which helped increase the amplitude of his cranio sacral rhythm.

Outcome: At the time I began treating this patient I had not yet taken a CST II class so I didn't know about the cranial pumping technique or techniques to adjust facial bones. During his first treatment the patient commented that he felt his sinus passages opening up. This was as I was completing the 10-step protocol and holding his cranium in a CV4 position. The day following his first session, the patient told me that for the first time since the cancer surgery he was able to sleep thru the night (a period of 6 hours). Prior to the CranioSacral treatment he could sleep no more than 2 hours at a time because he needed to get up with the urge to empty his bladder all night long.

After 2 more treatments the patient began to complain of a tooth ache. I used direction of energy on the painful tooth and the pain improved. He decided to wait until he returned home to Oregon to see his dentist about the tooth pain. A week after returning home, he excitedly phoned to tell me that his medical doctor examined him and found - that his a sinus passages had opened up enough that the doctor felt there was no longer a pressing need for the sinus surgery that the doctor previously recommended. However, when the patient visited his dentist he found out that the sinuses opening up created a passageway for bacteria to the patient's tooth. Apparently when the patient saw me for treatment he had been suffering from a low grade sinus infection that he was totally unaware of and bacteria drained into the tooth when the sinus passage opened up. Because he neglected to see his dentist right away, the dentist was unable to save the infected tooth.

Conclusion: CranioSacral Therapy helped this client relax and begin to return to a more normal sleep pattern. The Pelvic Diaphragm Release improved the functioning of the patient's bladder. This was probably happened because the Pelvic Diaphragm Release most likely allowed for greater bladder mobility, motility and function when the fascia relaxed.

The pelvic diaphragm release may have also helped relax the surgical scar tissue around the bladder. It's also possible that CranioSacral Therapy could have even increased spinal nerve energy to the bladder as restrictions were removed from the dural tube.

I believe that work on this client's cranial bones (especially the Frontal Lift) improved his long-standing sinus condition since the condition was the result of a broken nose suffered more than 20 years prior to CranioSacral Treatment. This would have most likely been caused by some sort of blow to the face, obstructing normal cranial bone movement.