

## TMJ Pain and CranioSacral Therapy

**By: Charles Gilliam**

**Personal:** 32yo, Female

### History

**Symptoms:** Chronic TMJ and pain. Neck pain. Low level of pain in sacrum and coccyx.

**Pertinent medical history:** At the time was about to have her crowns recalibrated and reset because of the increasing TMJ symptoms and neck pain. She had no previous bodywork and was referred by a co-worker, who was my client.

### Evaluation

**Findings:** Right temporal bone stuck in extension. Left maxilla in extension. Anterior cervical spine. Increased kyphosis in thoracic spine. Left sacroiliac compression and lumbosacral compression. Low motility in sigmoid colon and root of mesentery. Slight scoliosis to right in thoracic and left in lumbar. I also noticed energy cysts in her pelvis and lower abdomen and lower chest.

**Tools used:** CST. Visceral Manipulation. SER. Zero Balancing

**Objective results:** Posture became more erect her height increasing by 1-2 inches. Temporal bones balanced with full flexion and extension.

**Subjective results:** Dee remembered a fall on her tail when she was around eighteen years old. She remembered having an intestinal virus while she was in the Peace Corps in Peru. She released the fear that she experienced during that time and with some of the unusual local(Peruvian) treatments to her lower abdomen. Dee was also very tall and was trying to hide it by slouching. She was taller than her parents. This posture had contributed to her neck pain and the energy cyst in her upper chest. After these releases, Dee began to appreciate her height, her neck pain disappeared and her TMJ pain reduced to very little. Dee had had much dental reconstruction work to balance occlusal surfaces. Now, due to her more comfortable body position, these occlusal surfaces were off and she proceeded to take care of that imbalance.

**Average length of sessions:** 1 hour

**Number of sessions:** 20