

Torso Twist and CranioSacral Therapy

By: John Hoernemann

PERSONAL INFORMATION: 36yo, Female

HISTORY:

Symptoms:

This client presented with what she described as a 'twist' in her body which she felt starting around the area posterior to her navel and going diagonally toward her right leg.

Pertinent Medical History:

Over a year ago, the client stated that she had had a chiropractic adjustment after which she had the feeling of the twist with a variety of intestinal symptoms. These had caused her to lose approx. 32 pounds over that time period. Even though many of the intestinal symptoms had calmed down, she was still bothered by the twist. She had not been back to a chiropractor. Medical exams were not able to detect any problem.

EVALUATION:

Findings:

The client presented with a torsion that originated in the area of T12 - L2. This pull involved the fascia on her lower right side. There was a distinct change in the CSR between the breathing diaphragm and pelvic diaphragm. L1 was identified as a facilitated segment with lesser involvement of T12. There were several restrictions in her dural tube along with several energy cysts in her pelvis. Her right S-I joint was compressed. The client had a very distinct male affect.

Tools Used:

Initial sessions used whole body evaluation tools such as fascia1 glide, evaluation of CSR at various listening stations, arcing and dural tube traction. Special attention was initially given to diaphragm releases. CV4 and stillpoints were used to balance and energize her system. Further sessions concentrated on diaphragm releases, positional tissue release and energy cyst release. Her final 2 sessions were mainly SER with imagery and dialogue.

Objective Results:

The two SER sessions were initially about the twist she felt in her lower body. They both turned into her having a desire to control her legs (initially, she did not feel that she could voluntarily lower her legs once they lifted off the table). This seemed to be an important theme to her and came together in meaning when she realized that what she wanted in her life was to 'show her gender'.

After several sessions the twist had diminished though was still present. The facilitated segment at L1 had also quieted.

Subjective Results:

The client reported less pain and an increased interest in eating. She felt she was walking somewhat straighter and her back was less painful while resting. She was confused and concerned around why she could not or felt that she could not lower her legs. After the session where she able to admit that she wanted to 'show her gender', she was both scared and relieved. She realized that this meant many possible changes in her life and decided to seek counseling.

Average Length of Sessions: 60 minutes

Number of Sessions: 5