CranioSacral Therapy Improves Health of Conjoined Twins

It is said that faith the size of a mustard seed can move mountains. For 17-month-old conjoined twins Ahmed and Mohamed Ibrahim, it is the gentle touch of CranioSacral Therapy that is helping to remove mountains of obstacles that stand in the way of their development.

Born June 2, 2001, to the wife of a laborer in a remote village about 500 miles from Cairo, Egypt, Ahmed and Mohamed are conjoined at the crown of the head. The surgery needed to separate them had been planned, and Dr. John E. Upledger, DO, OMM, concurred. "The first step needed was to look at all the physiological systems and decide from the feel of things whether the systems were being controlled by the larger twin. We could tell because there were two of them," Dr. Upledger said. "The first step needed was to look at all the physiological systems and decide from the feel of things whether the systems were being controlled by the larger twin. We could tell because there were two of them," Dr. Upledger said.

The twins' condition prior to their first CranioSacral Therapy session was not encouraging. The boys were subdiscriminating, and the smaller of the two (Mohamed) was not sitting or having bowel movements. "It was like Ahmed was eating for both of them," Dr. Upledger said. "The first step needed was to look at all the physiological systems and decide from the feel of things whether the systems were being controlled by the larger twin. We could tell because there were two of them," Dr. Upledger said.
The Upledger Foundation Update

Dear Friends,

To add a twist to an old tune, what a long, strange year it’s been. From terrorist tragedies to corporate trials, everything in our world seems turned upside down. Now more than ever, it is crucial that we continue lending a hand... literally and figuratively—to our neighbors, colleagues and friends near and far.

This has been our commitment all along here at The Upledger Foundation: to do our very best to respond to each individual who reaches out to us for help. I am grateful for the support you have given us this past year. By helping to fund our research projects and community-outreach programs, you have empowered us to bring new therapeutic avenues that have brought so many to higher levels of health, happiness and peace.

Like you, I understand acutely what has been happening in the world around us. And that is precisely why I am asking you to help us once again.

Especially in this time of turmoil, please remember us with your gifts this coming year. More than ever before, your support makes a difference.

Sincerely,

John E. Upledger, DO, OMM

The Twins Return to Dallas

Upon their return to Dallas, Ahmed and Mohammad continued to show progress through their sessions with Sally Fryer and her staff, who worked with the twins three times a week for an hour and a half each day. With therapists positioned at the head, arms down, the twins were put to work on the juncture of the boy’s skulls using the sustained, gentle (5-gram) pressure maneuvers of CranioSacral Therapy to stimulate fluid flow and encourage decompression. “I think they were motor-dulled because of the compression on each of their heads,” Dr. Upledger said. “So I got a large motor space in there, they started kind of twisting their heads away from each other and responding in their sensory systems a lot more, too.”

The boy showed marked improvement. Prior to therapy “Ahmed was weaker and more passive. And Mohammad was trying to get up on his hands and knees and initiate rolling, but he couldn’t,” Fryer said. “By the end of their first CST session the twins were smiling and playing with each other, initiating sounds and overall much more animated.”

And about three days after Dr. Upledger returned to Florida, Fryer called to tell him that Mohammad had started eating solid food and having small bowel movements.

Dr. Upledger used the gentle touch of CranioSacral Therapy to encourage subtle separation where the skulls are shared.

From September 16 to 20, 2002, the twins received daily therapy that involved at least three therapists working on them at any given time for a total of approximately five hours per day. Under Dr. Upledger’s direction, the team included 13 certified CranioSacral Therapists on staff at UI HealthPlex and 12 visiting therapists.

In addition to the dual staff, the team concentrated on getting each of the boy’s systems functioning independently. Dr. Upledger explained, “On the second and third day I decided we’d do this by system. We worked first on their heads to make them independent from each other, then on their spleens, their hearts, then their lungs. Then we went on to their kidneys and spinal cords and cranial systems. I think they did very well.”

Sally Fryer agreed, explaining that before CranioSacral Therapy, “These little guys weren’t babbling. They weren’t eating. They couldn’t play with their feet. They couldn’t pull themselves into a crawling position. Since we started the CranioSacral Therapy there has been dramatic change.”

After just one day of the intensive therapy, for instance, a twin closed his eyes completely while sleeping—something he had never done before.

The progress made over the course of the week astounded everyone. Dr. Mandebuh Abo El-Hassan, the twins’ physician from Cairo, commented, “I am a physician of medical practice. We are not usually convinced of this kind of therapy, but when you see improvement with your own eyes, you can’t deny it.”

Call for more information or to make an appointment: 561-622-4706

CranioSacral Therapy Improves Health of Conjoined Twins

This one-day workshop explains Cranio-Sacral Therapy in everyday terms and teaches a few simple techniques you can use to help yourself or family members.

Call to register: 1-800-233-5880. Ask for priority code N1102.

Dr. Upledger used the gentle touch of CranioSacral Therapy to encourage subtle separation where the skulls are shared.

The Twins Travel to The Upledger Institute HealthPlex Clinic for Intensive Therapy

The next step was to bring the twins to The Upledger Institute HealthPlex Clinical Services to find out what further improvements could be made if the boys were exposed to a week of intensive therapy by a team of skilled CranioSacral Therapists. The goals were to bring about as much independent functioning of their body systems as possible, and most ambitiously, to encourage the boys to begin a subtle separation where the vesicles are shared.

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