

Whiplash & Vertigo and CranioSacral Therapy

By: John T. Jackson, LMP, CST

Name: Charlie (for narrative purposes only)

Age: 27 years

Sex: male

History: Automobile accident. Rear ended while stopped at a light. Diagnoses of whiplash, soft tissue strain/sprain with concomitant symptoms of headache, soreness, vertigo and neck pain. Also, he had a history of seizures since early childhood as a result of infant spinal meningitis. He had shunts in place to manage cerebral spinal fluid drainage. He was being treated by his chiropractor for the whiplash injury and was referred to me for massage therapy. Medications: Dilantin for seizure control.

Evaluation/Observation: This patient was a very strong stocky built man. He was in obvious discomfort but pleasant. When he spoke, his sentences were measured and his thought processes were halting. He lost his train of thought frequently and had to repeat himself. Despite it all, I sensed that his struggle to coordinate and deliver his thoughts did not reflect his intelligence or awareness. Further evaluation of his soft tissue injury as a result of the motor vehicle accident were fairly standard. Soreness, inflammation, and muscle spasms effecting his neck and low back. His CranioSacral system was working very hard. There were cranial bone and sutre asymmetries/restrictions bilateral. His rhythm was locked in an extension lesion along with numerous dural tube restrictions in cervical and thoracic spine. He had a nervous twitch. He showered daily and wore clean clothes however he had a body odor that was very noticeable.

Treatment: CranioSacral Therapy, Therapeutic Imagery and Dialogue, Soft Tissue Manipulation

Length of Tx: 12 sessions, one hour, 2 X wk for 1 wk, then 1 X wk for remainder of sessions

Subjective results and discussion: The patient's chief complaint was constant headache and neck pain. He also stated to me that he had trouble remembering things. This had been a problem for quite some time prior to the motor vehicle incident. He also stated that he didn't feel motivated in his life and generally felt "pathetic" as an individual.

Objective results and discussion: Our treatment sessions consisted of combined therapies that focused initially on the soft tissue strain/sprain and included CranioSacral Evaluation and treatment. As soft tissue and acute inflammatory healing progressed, greater trust was developed and inner wisdom presented some of the earlier childhood trauma around the meningitis. His brain and nervous system was able to express frustration around difficulty in functioning under the effects of the Dilantin.

There was significant movement towards self awareness when a very destructive aspect of his persona presented itself. It was not until after the session earlier in the week that Charlie told me that he had come very close to suicide the next night. He explained to me that everything "rose to the surface" and that he decided to take his own life. He then told me that it was "very weird" to him but his body decided it didn't want to die and threw up the sleeping pills. He remembered that I told him that sometimes things come up after the session is over. We were able to resume where we had left off earlier in the week. After dialoging with his inner wisdom it was discovered that the reason for the attempted suicide was the realization that as a baby he had wanted to die but had no means to carry it out. This time he could decide to live or die. He decided to live.

Charlie's recovery was very fast after that episode. Follow up treatment consisted of fine tuning residual CranioSacral and myofascia dysfunction. During the course of treatment, Charlie was not employed, had no prospects for work, had no ambition, no direction, and felt very undeserving. There was a two week period between the last and second to the last treatment session. I was having problems getting a hold of him. I needed him to come in for a final evaluation. When he finally came in I honestly didn't recognize him. He looked completely changed. I had seen physical changes before, but this one took the cake. His face was open, his eyes were clear, he had tons of energy. He had a job and was going to the Eastern part of the start the next week. The body odor was not detectable.