

Upledger Institute Case Study

CranioSacral Therapy – Headache and Muscle Tension

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Personal Information: 66-year-old female

History

Presenting symptoms: Headaches, migraines, neck, shoulder, upper back pain, lower back pain, loss of use of her right hand, decreased range of motion, and face trauma.

Pertinent Medical History: Motor vehicle accident in 1970 in which she was hit head on by a drunk driver. Multiple injuries from the accident including crushed right hand, loss of all front teeth, facial injuries which included over 100 stitches. Broken neck, knees and legs were crushed. “Feels lucky to be alive.”

Evaluation: Right sidebend and torsion of SBJ and dural tube twists, Cervical spine facilitated segments C3,4,5 and also in T-1, T-2, L1 and S1&2. Body-wide neuromuscular tension and restrictions with multiple energy cysts. Maxilla and zygoma compression, with an energy cyst in the coronal suture. Inhibited mobilization in cranium. Multiple vector disconnection. Reticular Activation System hyper alert.

Treatment: In the first session, I treated with 10 step protocol and found an energy cyst in liver. While working with the liver energy cyst she had a SomatoEmotional Release she worked with “letting go of anger for the drunk driver that got off without penalty”. Worked with the multiple facilitated segments and their connection to Amygdala. She stated that she “does not let anyone else drive when she is in the car”. Reticular Activation System dialogue bring the system from a 9 to a 5 on a scale from 1-10 1 being relaxed completely to 10 being hyper sensitive and hyper alert. Decompressed OCB SBJ and L5/S1. Mouth work to decompress the maxilla and the zygomas. Decreased the dural tube tension and twists. Vectors in right arm and had and both legs reconnected. She reported she felt very relaxed after first treatment. In the second session one week later she stated “no headaches and no medicine” and she was just starting to feel “right side of head spasm”. I noticed she was walking better and turning her head left to right without restriction. Treated an energy cyst in the right hip, and a compression of L-5/S-1. Respiratory diaphragm very ischemic with an energy cyst in her right lung lower lobe, liver and gall bladder. Worked with the myodural bridge, and synchronized the temporals. Right torsion of the sphenoid released with maxilla. Avenue of expression with attention to the hyoid, supra hyoid and digastric musculature and the release of the tension in the cervical muscles. Vector work to connect the right hand also addressed. Client expressed she again felt much more relaxed and neck spasm released. In the 3rd session she arrived feeling much better. No report of tightness or tension. She reported no headaches and no intake of medication for tension and muscular pain. Found the CranioSacral rhythm much more symmetrical and the quality much more vibrant. This treatment we worked with knee vectors, a left torsion in the sphenoid and a flexion lesion pattern. We also did some facial decompression. She was again very relaxed. After this treatment she decided that she would call me if she needed a “tune up”.

Subjective Results: Client has not called for another treatment after the last one and her decision to call when she need a “tune up”. She feels like she is “put back together” for the first time since her accident. She also stated that she is able to let others drive and be in control. Her life feels much less stressful and is looking forward to enjoying her retirement without pain.

Analysis: For me, it was beautiful to witness this woman finally come together after so many years of compensation from her injuries she sustained. Also for her to feel and “let go of her anger” was a huge step in her healing process.

Sessions: 3 1 hour sessions