

Upledger Case Study

CranioSacral Therapy –Panhypopituitarism

Raquel Rotnes, MA, LMT, CST-T

Jimmy, a 6 months old baby boy, born 7 weeks premature in an emergency C-section. Jimmy's mother had pre-eclampsia during pregnancy and described the labor experience as "very hard". Jimmy received 10 CST sessions on a period of 2 months. The family lived two hours away and mother worked so she participated at 3 sessions. Before this second pregnancy with Jimmy she had 5 miscarriages. Jimmy's brother was 7 years old and was not present at any session. Jimmy's paternal grandmother and father took turns to bring him. Jimmy spent a month and a half at NICU and at the age of 4 months was diagnosed with Panhypopituitarism which is a condition of inadequate or absent production of the anterior pituitary hormones. Jimmy experienced 3 emergency situations where he was flown by helicopters to hospitals and was subject to various exams until they were able to diagnose him. He was on few medications as in one of the emergencies he suffered a stroke which affected his eyes. He was not breastfeeding and used a special formula to adapt to his digestive sensitivities and challenges. The main objectives of treatment were to treat his torticollis and flat head to avoid the need to wear a helmet. His first session was a long SER were he was crying for the whole duration of treatment. Evaluation showed a strong tightening through the dura tube, upper shoulders and arms. Head and neck were jammed and head visible asymmetrical showing a torticollis to left side.

At his second session Jimmy was able to release part of his body tensions through his pelvic and thoracic diaphragm, vagus nerve, hyoid and upper shoulders, By the third session his sleep and digestive issues were considerable better and we continue with releases at temporal bones, sphenoid and head. At his 4th session mother reported that she notices "his eyes were brighter and he started to talk more". By his 5th session Jimmy's arms motor skills improved and he was able to grab and hold objects at midline, and he smiled and laughed at all times. Since then his physical therapist noticed his ears were more even, and determined that Jimmy will not need a helmet.

As his head became more aligned Jimmy was able to do more tummy time, started to roll both sides, regained full neck mobility and eat a variety of solid foods without digestive issues.

As his body softened and became more functional, his whole family relaxed and the sessions filled with laughter.

It has been a great honor to witness how through craniosacral therapy Jimmy's joy returned to his body. Jimmy and his family taught me lots about hope.