

Barral Institute Case Study

Visceral Manipulation - Heartburn and Reflux

Nancy Redlich, PT

Patient Symptoms

Heartburn and reflux symptoms.

Evaluation / Treatment

Gastroesophageal junction restrictions at lesser curve, greater curve of stomach, cardiac sphincter, pyloric valve. Poor motility at esophagus and stomach. Gall bladder, common bile duct, Sp. Oddi all involved, as well as hepato-duodenal ligament. Treatment focused on restoring mobility to GE junction, esophagus, stomach, making valves functional and releasing gall bladder, common bile duct, H-D-Lig with Sp. Oddi and restored motilities. Discussed with patient to stop coffee consumption and alcohol and drink green tea.

Outcome

After one treatment patient reported complete reduction in symptoms. Stopped drinking coffee (after three days) - was a chronic coffee drinker and switched to green tea. Now walking daily and stretching and has no more symptoms.