

Post-concussion story by Mariann Sisco PT, CST-D

Most of you know that I have had multiple opportunities working with retired professional football players suffering from the deleterious effects of post-concussion syndrome. Of course my practice includes a wide variety of patients, many suffering from post-concussion syndrome.

Today, I received one of the sweetest notes, now known in modern form as a "text" that I have ever received. A 13-year-old girl was involved in a motor vehicle accident resulting in whiplash. As time went on, she "lost" her personality as she suffered from severe HA's. Her ability to focus in school became significantly impaired to the degree that her physicians told her to ask for a "rest" when her HA became too much. This resulted in teachers and other health professionals suggesting that she was manipulating them and not really hurting.

Eventually she ended up at a local hospital's Physical Therapy Concussion Program. To no avail. The mother kept searching for help.

A local colleague referred this young girl to me for CST. After her first visit she reported a decrease in the intensity of her pain with more "space" in her head. After her second treatment she told her mother in the car "Mom, I'm so happy today and I don't even know why. I feel light and new."

Her mother texted me this earlier today before arriving for her third appointment. When they arrived at my office, the mother recounted the story again, this time with tears of gratitude. The child, flushed with color because of the newly increased blood supply to her face radiated hope.

I do not share this story because I am some sort of a genius as that is definitely not the case. Rather, to illustrate the life changing power of the gentle manual therapies I am trained in. This girl, in the throes of puberty had the additional stress of suffering and others not believing her except for her dedicated mother.

If you know someone who is experiencing symptoms of post-concussion syndrome please let them know help is available in the form of manual therapy. Manual Therapy is a key ingredient in recovering from the effects of concussion. Ongoing research is in progress demonstrating the effectiveness of CranioSacral Therapy, Neuromeningeal and Visceral Approaches for problems associated with concussion. Therapists around the world are dedicated to help others feel better through these therapies. The missive of our developer and mentor, Dr. John E. Upledger extends through the hands of every therapist.... "to make the world a touch better".

For more information about the Upledger Foundation Concussion Program, click:  
<http://www.upledger.org/what-we-do/concussion-program.php>

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