

Barral Institute Case Study  
Visceral Manipulation – Low back pain, anxiety and headaches  
Joanne Enslin de Wet, PT, BI-D

Therapist: Joanne Enslin de Wet , BSc Physiotherapy (Wits) , BSc (Med) (Hons) Sport Science UCT, MSc Exercise Physiology Boston University USA

Patient: 55-year-old female attorney

Reason for coming: Low Back pain, right hip pain, upper trapezius stiffness, headaches, anxiety, low energy.

Evaluation: General Listening brought me to the right pelvic area. General listening did not change in sitting which ruled out the lower extremity

Local Listening: brought me to the Caesar scar and the relationship with the broad ligament of the uterus on the right.

Sacroiliac Test positive on the right

Right hip range of motion limited in internal rotation. Cervical spine range of motion restricted right side.

Treatment:

brought me to the Caesar scar and the relationship with the broad ligament of the uterus on the right.

There was also a local listening at the gastroesophageal junction. Using Inhibition concluded that the relationship of the right broad ligament and Caesar scar would be the starting point of the treatment. Following this I was attracted to the medial parietal cecal ligaments and the relationship with the uterus. There was a further attraction medial gutter above iliocecal valve.

There was a further attraction medial and urachus ligaments and the relationship with the cesar scar.

The sacrospinous and sacrotuberous ligaments were released.

There was a viscerosomatoemotional component relationship with the left frontal and uterus which was treated.

There was no longer a restriction in the cervical spine and hip range of motion after the treatment

Results and Follow-up

The patient returned for two more treatments. Her back pain and energy had improved and she subsequently had an ankle sprain on her right side. Her general / local listening went to mesenteric root small intestine as well as Abductor Halluces medial sesamoid right metatarsal. The patient reports to be feeling much better and has been recommended to balance her stressful desk job with regular exercise