

**Upledger Institute Case Study**  
**CranioSacral Therapy – Small Cranial Suture**  
**By: Janelle Maxwell LMT, CST-T, MMP**

**Date of last treatment:** December 20, 2023

**Patient age and gender:** female, age at first visit was 6 months old, age at last visit was 15 months old

**Symptoms:** presenting symptoms were a small cranial suture separation at the lambdoidal suture diagnosed by a chiropractor and overlapping at the parietal/frontal suture

**Evaluation:** initial visit evaluation was parietal overriding frontal bone bilaterally, occipital cranial base (OCB) restrictions, and tension in the hyoid, creating a pulling posterior as well as dural tube restrictions in lumbar region. At following visits, I noted restrictions in the frontal bone, temporals, parietals, and occiput

**Treatment:** Patient was seen monthly during the period when fontanelles are closing to facilitate support to the meninges and cranial bones in hopes to avoid needing a helmet. Care consisted of pelvic diaphragm and sacroiliac (SI) techniques, dural tube work to release varying restrictions, OCB work, frontal lifts to release sutural and membranous restrictions, and temporal ear pull. One year into treatment, patient fell down 16 stairs and landed on a hard floor. Hospital determined no skull fracture, and therapeutic imagery and dialogue was used with Mom during following session. Patient had a SomatoEmotional Release while her mother shared about the experience and made several changes in the tissues including releasing an energy cyst in the cranium. At last visit at 15 months, fontanelles were no longer palpable, meninges moved well and easily, and there were only minor restrictions in the OCB which did release and allow for increased fluid and energy exchange and SI release.

**Outcome:** Patient's parents saw correction to head shape during treatment as evident in photographs they took. The chiropractor that referred them found the changes to be substantial and no longer saw a need for a corrective helmet.

**Length of sessions:** 1 hour (if patient was done being worked on then the rest of the time was spent with the parent that brought her or we just finished early)

**Number of sessions:** 13

**Cost of therapy prior to CST:** unknown

**Cost of CST therapy:** \$1300