

Upledger Institute Case Study

CranioSacral Therapy - LOWER ABDOMINAL PAIN

By: Patricia Churavy PT

DATE- 6/1/17

PATIENT- Bill, male age 62

HISTORY

- Patient had a history of diverticulitis about 10 years earlier. At that time he was treated with antibiotics which resolved the symptoms of unease in the left lower abdominal area and general malaise.
- He had a recurrence of similar symptoms which began a day or two after he installed some drywall in the attic of his home. As he is generally quite active physically and familiar with muscular and joint pain, he stated that it did not feel to him like a musculoskeletal injury even though symptoms began after doing this work.
- When symptoms persisted for a few more days, he saw his physician who ordered an MRI. This came back negative for any visceral cause of his discomfort. His physician advised that he take acetaminophen and call him if the pain did not go away in a few days.

SYMPTOMS

- constant dull pain 5/10 in right lower right abdomen laterally
- feeling of general malaise

EVALUATION

- **POSTURE:** forward head position with slightly increased thoracic kyphosis (well known to the patient as being habitual).
- **ACTIVE RANGE OF MOTION:** within normal limits and no motions exacerbated the pain.
- **WHOLE BODY CST EVALUATION:** facilitated segment at T 7-8

TREATMENT

- Direction of energy
- Release of facilitated segment T7-T8

RESULTS/OUTCOME

- **Subjective:** As soon as facilitated segment released, patient stated that his pain went completely away.
- **Objective:** Dural tube traction showed no restrictions.

TOOLS USED

- Arcing
- Dural tube traction
- Facilitated segment release

LENGTH OF SESSION- 45 minutes

NUMBER OF SESSIONS- one

COST OF THERAPY PRIOR TO CST USE- Out of pocket costs for the patient were a \$25 co-pay for the physician office visit and \$1500 for the MRI.

COST OF CST THERAPY- zero (this was a close family member seen at no charge)

DISCUSSION

This case history demonstrates a facilitated segment mimicking symptoms of a visceral dysfunction and relief of those symptoms with CST.