

Upledger Institute Case Study

CranioSacral Therapy – Neck Pain **By: Elena Radzinskaya, MD, DO, CST-T**

Personal: Female

Age: 30

History

Symptoms:

- A piercing pain in the left shoulder
- Numbness between 2&3 metacarpo-phalangeal joints of the right hand
- Emotionally depressed

Pertinent Medical History:

The pain in the C7 Spinal process emerged 3 weeks ago without any obvious reason. In a week the sensation moved to the left shoulder where the patient felt numbness, pain and cold. 3 days later she discovered numbness between the 2&3 metacarpo-phalangeal joints on the right. The situation worsened when watching TV and working with the smartphone. It is known about a Th12&L4-L5 fracture in 2015 due to sliding and falling on her right side. Alina also mentioned being ill with hepatitis A at the age of five.

How long treated by others; frequency and type

- Massage therapist, once, on the 7th day of being unwell, no effect.

Evaluation

On the first session Alina was dressed in total black. Full body evaluation showed significant restrictions in the neck, the dura mater in the upper cervical region and around the L5/S1 level. The tissues appeared to be deeply restricted.

Findings

- Major EC in the upper thoracic region on the right
- Minor ECs in the lower third of the left thigh and in the right tibia
- Tight neck
- Restriction of the Dura in the upper neck
- Restriction in L5/S1 and in SI joint in the right
- Significantly restricted hyoid and upper thoracic inlet

Treatment

SER started when we worked with the EC in her left thigh. Alina told about her fall from the sledge and what she had felt before she was able to move again. She had several beautiful releases at every diaphragm. Every release was accompanied by a deep breath in. When we moved to treating a big and significant EC in her upper thorax on the left she didn't talk much but the release was intense and felt like emitting of heat. Then the rest of the 10 Step Protocol was performed.

Tools you used

- Arcing
- 10-Step Protocol
- SER
- Dialoguing

Objective Results

Releasing the EC in the thorax helped to free up the cervical region along with the upper thoracic inlet, hyoid, OCB and the Dura in the cervix and thus to free the occiput and the sacrum.

On the next appointment Alina reported about a full recovery from the symptoms. She smiled. She wore a black dress with big yellow flowers.

Subjective Results

Alina said, "I felt more at home with my body, just like before the trauma".

Length of sessions – 1 hour

Number of sessions – 2

Cost of therapy prior to CST use – unknown

Cost of CST therapy - \$187