

Upledger Institute Case Study

CranioSacral Therapy – TMJ Tension

By: Morgan Deale, LMT, CST-T

Client: 52-year-old female

Symptoms:

- Jaw tension
- Grinding teeth
- Sinus congestion

Medical History:

- Anemic
- Tonsil rupture as infant
- Jaw impact during surfing incident as teenager

Treatment History:

- Occasional massages and chiropractic adjustments

Evaluation:

Whole body evaluation revealed weak CSR with a limited flexion range below the waist and asymmetry in the shoulders and Parietal bones. Sphenoid and Maxilla exhibit Left Strain patterns. Facilitated segments present at C3 and L4. Energy cysts present at left cheek and throat.

Treatment:

Began treatment with evaluation and direction of energy for energy cyst at left cheek. Client experienced SER here. Initiated dialogue with the client resulting in the recall of the tonsil bursting as an infant and surfing impact to the jaw. Commenced with Avenue of Expression and implemented correction for Sphenoid and Maxilla left strain patterns. Applied the remaining 10-step techniques for the rest of the body.

Treatment shifted to focus on the lower body to address CSR weakness in legs. Direction of Energy was applied to the energy cyst below ribs on the left side, sacrum decompressed, and dural tube rock and glide showed a torsion to the right at both ends.

Further energy cyst work led to to direction of energy at the throat. Client experienced an SER here. We used imagery and dialogue which led to the client as a 5-year-old expressing anger she sensed in her jaw to her father. Further unwinding happened here at the neck. Direction of energy was then used for the facilitated segments at C3 and L4. Vector system showed disconnection of the left arm.

Techniques used:

- Whole body CSR evaluation
- 10-step protocol
- Avenue of expression
- Arcing
- Direction of energy
- Therapeutic imagery and dialogue
- Facilitated segment
- Vector system
- Dural tube rock and glide

Objective results:

SomatoEmotional Release at the cheek and throat furthered the physical releases of the tension patterns in cranium and lower body.

Lower body CSR improved vastly in quality while symmetry improved in cranial vault.

Subjective results:

On a pain scale of 1-10, client initially rated jaw tension at level 6 constantly, grinding level 5 only in the evenings, and sinus congestion level 6 constantly. After treatment she rated jaw tension level 3 only occasionally in evenings, grinding at level 3 occasionally, and sinus congestion sporadically at level 2.

She stated that sessions allowed her to release emotional congestion in and around the throat and mouth. She said the work allowed her to return to the potential origins of tension which helped her to loosen it more.

She has also stated that she is more capable of engaging in nasal breathing and her greater consciousness around her tension helps her to soften.

Length of sessions: 60-minutes

Number of sessions: 5

Cost of therapy prior to CST: unknown

Cost of CST therapy: \$325