

# Upledger Institute Case Study

## **CranioSacral Therapy – Acute Pain in Left Diaphragm**

**By: Hilda Martinez, CST-D**

**Personal:** Male

**Age:** 37

### **History**

#### **Symptoms**

- Acute pain in left diaphragm area
- Stress due to pain

#### **Pertinent Medical History**

- 2020 – Covid for 2 weeks
  - Body pain
  - Headaches

#### **How long treated by others; frequency and type**

- 2 different Doctors
  - 6 visits during 2021
  - Ultrasound to find the source of the diaphragm pain, no reason was found
  - Pain relief pills

### **Evaluation**

Whole body evaluation revealed good SQAR in general. Under quality was ok

- diaphragm very tight, stiff, without rhythm and upwards pushing the organs of the thoracic cavity upwards
- Ribs also very tight.

Energy Cysts in the left part of the diaphragm and in the sigmoid colon.

### **Findings**

- Chronic inflammation in the diaphragm and pleura
- Chronic inflammation in the sigmoid colon
- Emotional (frustration, unhappiness)

### **Treatment**

Release of the diaphragm giving it time and space to do so. Noticing how the immune system and the diaphragm had no rhythm and just noticing this and waiting for the rhythm to return on its own.

This release of the diaphragm gave rise to an emotion of fear of dying and leaving his family alone. We had a dialogue to release the energy cyst in the area.

In conjunction with this dialogue and the release of the diaphragm, the pleura began to free itself and also the cyst in the sigmoid colon.

#### **Tools you used**

- Arcing
- CST/SER
- Imagery and Dialogue
- Immune System – chronic inflammation

#### **Objective Results**

By releasing the diaphragm and the pleura and dialoguing about his fear, the pain disappear. He is not stress by the pain anymore.

He realized that many of his emotions that he keeps are in his body. Every time he has a big emotion, his sigmoid colon hurts. When talking about this fear to die, he realized everything he keeps is hurting him. He decided not to repress his emotions anymore.

The cyst in the sigmoid colon also released.

#### **Subjective Results**

Jesús is not afraid any more to die soon, he works at the same level as before Covid. He is happier. He decided to continue with the therapy to help release the emotions.

**Length of sessions** – 1 hour

**Number of sessions** - 6

**Cost of therapy prior to CST use** – \$800 USD

**Cost of CST therapy** - \$240 USD