

Upledger Institute Case Study
CranioSacral Therapy – Anxiety/Poor sleep
By: Carol J. Reshan, OTR, CST-T

Client: Mike

Age: 9

Sex: Male

Date of Initial Tx: 3/26/2016

History

Symptoms: Anxious
Recent issues in school
Poor sleep pattern
Emotionally upset
Ticklish/not wanting to be touched?
Headaches and Stomachaches

Pertinent Medical History: none known – reportedly healthy

No Falls/accidents. No medical procedures.

History: His grandmother brought Mike to me. He had recently moved with his parents and sister to a community about 3 hours away. Grandma admitted that he has always been very attached to her. How long treated by others: frequency and type: No prior bodywork. Regular well child checkups – well fed child.

Evaluation: Listening stations, whole body evaluation, arcing. Examination revealed hip/pelvic tightness/tight hamstrings and compression of L5/S1. CSR seemed dampened especially throughout the LE. Asymmetry was noted with greater time seeming in the extension phase. Energy cysts were noted in kidney region L>R, as well as sternal/thoracic region/heart chakra, Trapezius muscles (bilateral) were tight/shoulders were elevated and tight as well as OA compression was noted.

Findings: Tight hamstrings/hip-pelvic tightness
Compression L5/S1 and OA
CSR dampened, esp. in BLE with more extension than flexion phase
EC abdominal region/ kidneys L>R
EC Chest/thoracic/heart Chakra
Elevated shoulder posture/tight trapezius muscles
Hyper arousal to touch/hypervigilance to environmental stimuli

Treatment: Respiratory diaphragm/thoracic inlet resulted in deeper breaths. Avenue of Expression and Hyoid release resulted in marked increase in talking until still pointed followed by OA release. Moved to the pelvic diaphragm and then L5/S1. Those releases were followed by dural tube rock and glide. Followed by reassessment of CSR at head with brainwork and working with calibration of the RAS. Completed with final still CV4 at head.

Tools used: Listening stations, whole body evaluation, arcing.
10-step protocol
Avenue of expression
Brainwork from Brain Speaks
Still point induction
Breath work, including vocalization
Chakra balancing
Patient education/homework

Objective Results: Although initially very jumpy, he was ultimately able to relax and begin to feel his own body – this initially seemed new to him. Hyper arousal to touch slowly dissipated. Pelvic and respiratory diaphragm releases as well as direction of energy to EC in the low back kidney resulted in many tummy noises. He giggled when I said that was a great sign! It appeared still points and rock and glide aided in overall relaxation and calming resulting in less shoulder elevation. Respiratory diaphragms aided in normalizing breathe pattern as well as attention to diaphragmatic breathing rather than costal breathing. Ultimately he directed me to the back of neck – OA that after thoracic inlet and hyoid resulted in his moving into a still point. In kid terms I explained work from the Brain Speaks Class; the RAS and parasympathetic response and feeling stuck in overdrive... We practiced dialing his RAS down and up. Showing him that he had some control. I also gave him homework – still point induction, breathing, etc. Finally direction of energy into the EC in his chest resulted in release of heat, opening and widening of his heart charka.

Subjective Results: Grandmother reported that her son, Mike’s father, noted less anxiety about school, improvements in grades and getting assignments completed and turned in, joining the school choir, and being happier and seeming to accept the move. Sessions were extended as he asked for and additional session as his Christmas present for that year. It appears that Mike learned that he is in control of how he responds to situations and that he has the tools to help manage daily stresses.

Length of sessions - 60 min.

Number of Sessions- 6, over an 8-month period

Cost of therapy prior to CST use – none/unknown

Cost of CST therapy - \$480