

## Upledger Institute Case Study

### **CranioSacral Therapy – CST/SER Auto Accident Recovery**

**By: Marilyn Siebold, LMT, CST-T**

**Client:** Karmen

**Age:** 72

**Sex:** Female

#### **History/Symptoms:**

- Three Auto Accidents (2011,2017,2021)
- Pain in Sternum
- Pain/Tightness in Right Jaw

#### **Medication:**

- Atenolol

#### **Medical History:**

- Diagnosed with High Blood Pressure 2018
- Arthritis in Hands and Neck
- Right Hip Replacement (2017)
- Right Knee Replacement (2018)
- Broken Jaw (2017)
- Legally Blind

#### **Health Care Providers:**

- Primary Care Physician
- Pulmonologist
- Cardiologist
- Chiropractor
- Physical Therapy (2022-present)
- CranioSacral Therapy (2021-present)

#### **Evaluation:**

Whole body evaluation revealed multiple energy cysts: left jaw, right thoracic area, pelvic diaphragm, respiratory diaphragm. Client experiencing tenderness in right lower rib cage area due to car accident. Severe scoliosis and evidence of arthritis in both hands and cervical spine.

**Objective Findings:**

During initial CST treatment I observed multiple Energy Cysts with increased tonus in all muscles of mastication palpated. Extreme hypertonicity in anterior and posterior cervical spine and soft tissue. Limited ROM throughout lumbar spine and pelvis. Fascial restriction line from right knee through pelvic and respiratory diaphragm up into left jaw.

IW's treatment plan indicated in multiple sessions to balance and free the maxillary-palatine complex. In one particular session, decompression of the vomer allowed for a significant SER with an audible popping sound when vomer released. This had a profound effect on the downregulation of the ANS and client even noticed a change in her vision and muscular control of her left eye.

Avenue of Expression work has been so helpful in releasing tension and held emotion, as life has posed a series of challenges due to multiple car accidents. As Energy Cysts have released, the compounded stress in the nervous system has released, freeing up energy and the ability to face the future with greater hope and optimism.

**Tools/Protocols used:**

- CST/SER
- Direction of Energy
- Avenue of Expression
- CST2 Mouth Work Techniques
- Vector, Chakra, and Meridian Balancing

**Subjective Results:**

Karmen has noticed a significant reduction in pain both in her joints and soft tissue. She has experienced increased ROM at the TMJ and greater ease of overall movement in her body. She has expressed better sleep, with less waking at night and an overall increase in her sense of well-being. She attributes her work with CST to these positive changes and plans to continue biweekly (every two weeks) treatments for the next several months.

**Length of session: 60 minutes**

**Cost of session: \$110**

**Cost of therapy prior to CST: unknown**

**Number of sessions: Ongoing**