

Upledger Institute Case Study

CranioSacral Therapy – Cervical Fusion/Headaches

By: Maria Taame, CST-T, DO

Personal: Iris

Age: 69 years

Sex: female

History:

Symptoms:

Tension in the neck and shoulders. Right shoulder is less mobile.

Whiplash 3 years ago from a car accident. Recent fall from a box 1.5 month ago.

Headaches in the morning

Degenerative changes of C2- C7. Surgery. Cervical fusion at C5-6

C4-5 mild stenosis

Mild acromioclavicular osteoarthritis

Small mobility in the spine. Emotional component.

Degenerative changes in lumbar spine

Chronic bronchitis

Pertinent medical history

Iris is a voice teacher. She had her degenerative changes in the spine a while ago. The surgery on her low cervical was performed 5 years ago. She started to feel worse after a car accident 3 years ago. Massage and Chiropractic adjustments helped after the car accident and the tension in the neck and headaches started to get gradually worse, particularly in the last few months and after a fall on the floor from a box 1.5 month. She started to look for a craniosacral therapist to help her with these symptoms. Lately, have headaches in the morning and when she was singing.

Iris likes hiking and riding bicycle. However, she has to do it less with her health issues.

How long treated by others; frequency and type

Massages – Every 6 months

Primary Care Physician – when needed. She is covered by health care insurance.

Chiropractor – 3 times in a month since her car accident 3 years ago.

Acupuncture – a year ago.

Physiotherapy – Occasionally. And once a week since her car accident 3 years ago.

Evaluation

The whole-body evaluation showed tightness and tenderness of the shoulder muscles and throat. The respiratory diaphragm, thoracic inlet and the hyoid were tight.

Less mobility in the shoulders and neck.

Tears in the eyes from constant headaches and emotions.

The craniosacral rhythm was slow in the thigh area and shoulders.

Arcing showed different energy cysts in upper body and in pelvic diaphragm. The main energy cyst to work with was around C4-7 area in the back.

Findings

Iris could not stand straight.

Decreased mobility in neck and shoulders.

Restrictions in Pelvic diaphragm and thoracic inlet.

The hyoid bone was very tight.

The pelvic chakra was unbalanced and counterclockwise.

The spinal vector was out of alignment.

Emotional component and tears in the first session.

The liver and gallbladder showed congestion and energy cysts.

The main energy cyst situated in the lower cervical spine.

Treatment

Started from the feet with CS rhythm evaluation and then fascial balancing. Balancing the diaphragms and working on the main energy cyst. Additional work needed on her liver and epigastric area.

The expressed fear and some tears when I started to work on the main energy cyst at the lower cervical at the place of cervical fusion. OBC was performed to release the tension in the occiput and the neck.

She started to talk about her dad while releasing the pelvic diaphragm. She mentioned that he has bipolar disorder and was hard to live with him. She was bitten by her dad and her neck was traumatized from his aggressive behavior. She got sexually abused many times in her youth when she left her parents and released a lot of heat around the kidneys and anger in pelvic area.

In the follow up sessions, the avenue of expression techniques was performed as well as mouth work protocol with Dural tube glide. This helped to relax the neck and cranium.

Tools used

Arcing

Facial balancing

Vector balancing

Chakra balancing

10-Step Protocol

Avenue of Expression

CST/SER , still point

Mouth work

Objective results

The diaphragms were released, and the body started to unwind. The vector in the spine and chakras came to normal. The energy cyst release helped to release the trapped emotions and balance the tissue. She could sleep the day after the session better and the tension in the neck with headaches started to diminish gradually. She could also stand and straighten up in the following session with a smile.

The somato – emotional release with dialogue gave her some emotional relief and the mouth and throat work helped her to sing better with no headaches.

The first 3-5 session had the biggest changes. The follow up sessions were able to maintain her more stable, healthy and work on exercises.

Subjective results

Iris felt release in pain from the first session, and this pain gradually disappeared in the follow up sessions and not bothered her.

The tears and pain in the eyes disappeared after the first session.

Her relationship with her husband changed as well. And they started to go out together for hiking and riding bicycles.

Iris mentioned that she could sing longer and do teaching without any headaches and with a smile.

Average length of sessions 1 hour

Number of sessions 12

Cost of therapy prior to CST use Unknown

Cost of CST therapy \$1800.00