

Upledger Institute Case Study
CranioSacral Therapy – Chronic Back Pain
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Age: 59

Gender: Female

History

Symptoms

- Chronic back spasms
- Left shoulder pain
- Neck pain

Pertinent Medical History

- Sinus problems
- Jaw pain
- Breast cancer
- Allergies
- Stress
- Digestive conditions

How long treated by others

Cervical epidural injections and, massage, chiropractic, and physical therapy for, 10+ years,

Evaluation

Initial evaluation assessed client's craniosacral rhythm (CSR), fascial glide, arced for energy cyst, fascial restrictions in the intracranial membrane and dural tube, facilitated segments, core restrictions, Global Epicenter (GEpC)

Findings

CSR was not as evident in the lower legs and hips, right side ribs, left shoulder, and left cranial bones. Fascial glide showed restrictions in the upper legs, lumbar area, right ribs and chest. Energy cyst in the left shoulder, right side just below the ribs, and right anterior hip. Facilitated segments at C5-6, and T8-12. Rib restrictions left upper ribs, right middle and lower ribs, GEpC in the upper right abdominal area just below the ribs. Compression of L5/S1, occipital cranial base, and sphenobasilar joint.

Treatment

The first few sessions with the client we started working through core restrictions in the pelvic floor, EC in the right hip, and right side below the ribs. Addressed rib restrictions utilizing techniques from CSWCD. Addressed facilitated segments with direction of energy, dural tube traction from both the sacrum and occiput. Treatment for triad of compression. Once the restrictions below C1 started to resolve, we started doing more work for the sphenoid, maxillary complex and avenue of expression. SER – Dialogue and imagery as needed.

Tools you used

- 10-Step protocol
- Hard Palate & Avenue of Expression
- Energy Cyst Release
- Regional Tissue Release
- CST/SER
- CSWCD – Chronic Depletion – Rib releases, Global and Regional Epicenters

Objective Results

The client's CSR increased after the first two sessions becoming more robust and vital. Noticeable changes to the compression at the sacrum and occipital cranial base. Restrictions in the sphenobasilar joint took more time. Most notable were the changes from the facilitated segments after the first four sessions. Lower back and hip pain decreased and the muscle spasm in the middle back greatly reduced.

Subjective Results

Client was taking over the counter naproxen and Tylenol daily. The client was able to reduce and eventually stop taking these over-the-counter medications after two months of weekly CST sessions as their pain levels had decreased. Unknown to the client was that they had developed a dependency on the over-the-counter medications. This became evident during one of the sessions and using SER techniques the client was able to reach a better understanding of what they needed to support this change in their life.

The client at first reported overall discomfort of 8-9. This reduced after the first two months to 3-5, and this lower level of chronic pain was maintained even after discontinuing over-the-counter medications. The client is enjoying time with her very young grandchildren, getting on the floor to play, picking them up and holding them for feeding and naps.

Client was seeing a massage therapist weekly for two years. After starting sessions with CST, their pain levels reduced, chronic pain and symptoms reduced, and the client was able to reduce sessions to every other week. They are traveling more often and have been able to skip appointments without any major setbacks in symptoms.

They continue to come in on a regular basis and while the changes are slow, there continues to be changes and shifts supporting the client's process and progress.

Discussion

Overall, this client has had chronic pain for more than 10 years. After starting CST the pain levels were reduced and the reduction of pain and symptoms has stabilized. Stress continues to play a major factor in the client's pain levels. They have had major family and work stressors at the end of 2021 and this has increased their symptoms. One key component helping to treat this client has been utilizing key components of CranioSacral Working with Chronic Depletion. Treating core restriction, facilitated segments, releasing rib restrictions, working iteratively using with various CST techniques, taking time to notice patterns and relationships between various elements of the client's system and their interaction played role in supporting larger pattern change in the client's process.

Length of sessions

60 Min.

Number of sessions

24 yearly

Cost prior to CST used

unknown

Cost of CST Therapy

\$2040 yearly

Last Date of Treatment:

1/18/2022