

**Upledger Institute Case Study**  
**CranioSacral Therapy – CranioSacral Therapy for Tinnitus**  
**By: Kyriakos Karampatziakis, OT, CST-T**

**Age:** 45 y.o.

**Sex:** Female

**History Symptoms**

- Tinnitus on both ears
- Stiff neck
- Insomnia
- Chronic fatigue
- Anxiety
- Depression

**Medical History**

- 2011 - Diagnosed with tinnitus and impairment of auditory on the Left ear
- 2013 - Diagnosed with depression

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

- Neurologist, 8 treatments, since 2011
- Homeopathy, 20 treatments, since 2016
- Psychiatrist, 10 treatments, since 2019
- Acupuncture, 15 treatments, since 2020
- Physical Therapist, 40 treatments, once/week since 2020
- Otorhinolaryngologist, 10 treatments, since 2021

**Evaluation**

The evaluation has shown compression of OCB and O5-S1, tension on the left aspect of the thorax and the left temporal. Asymmetry in the CSR motion at the temporals.

**Findings**

- OCB Compression
- O5 - S1 Compression
- Compression of Sphenoid
- Quality of CSR very Low
- Energy Cyst on the Right Lung area

**Treatment**

In the first session, we implemented a 10 step protocol. The focus was on the Triad of Compression/Depression (OCB, O5-S1, Sphenoid Compression) and then on Temporal Decompression and TMJ Decompression. She felt that the tinnitus disappeared on the right ear. The second treatment was focused on the Energy Cyst Release at the Right Lung area, and was followed by SER and the grief she felt when she had the diagnosis of Hearing Impairment by the Neurologist. The symptoms of the tinnitus disappeared from the Right Ear and dissipated to a very low level on the Left Ear.

### **Tools you used**

- 10-Step Protocol
- Whole Body Evaluation
- Energy Cyst Release
- Therapeutic Imagery and Dialogue
- SER

### **Objective Results**

The OCB release helped the fluids exchange between the head and the torso. The O5 - S1 release eliminated the tension on the cervical spine from an inferior aspect. The Ear Pull on the left ear opened up the stuck Occipito-Mastoid suture and gave us a handle to release tensions on the tentorium cerebelli. The SER process helped Marianna realize the grief she had after the shocking announcement of the doctor that she will be deaf from one ear for the rest of her life.

### **Subjective Results**

Mariana stated

“Fifteen days ago I read an article on the Internet about CranioSacral Therapy and its possible benefits in tinnitus. I have been suffering from tinnitus in my left ear for ten years, and in the last 2 months or so something similar has started in my right ear. I have tried medication, acupuncture, homeopathy, and everything else I have heard with no result, unfortunately. "Why don't I try this method too?" I thought. During the first session, I relaxed to the point where I almost fell asleep. At some point, however, I realized that I probably did not hear my familiar sound. I was not sure. I can't remember what it is like not to hear something. I do not remember the absolute silence.

So I decided to go ahead and do a second session. During the week that passed between the two sessions, I was calmer, slept better and was in a very good mood. In the second session, we managed to almost stop the sound in my ear for the second time. And the tinnitus on my right ear has greatly reduced its appearances. I am now in the phase of waiting to see how my body will react, how long it will keep these positive results, and how much it will heal its wounds on its own. I am very happy with the progress so far and I believe that I will have very good results in the long run. As for the general feeling about the CST, I think that my body has started to function differently, more in a balance or at a better rhythm. I do not know exactly how I can explain it. However, something has changed for the better.”

**Length of sessions** - 60 minutes

**Number of sessions** - 2

**Cost of therapy prior to CST use** – 7.500 €

**Cost of CST therapy** - 120 €