

Upledger Institute Case Study
CranioSacral Therapy – Reduces Perseveration in a Client with Cohen Syndrome
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This male client, age 13, was born with Cohen Syndrome, a genetic disorder that causes intellectual disability. In his case, a prominent symptom was anxiety and perseveration, the fixation on an idea or behavior with no resolution. For example, his grandmother said that when his family would visit, he would arrange his suitcase and toys at the front door on arrival, and constantly bring up the fact that he would eventually be leaving.

This client was seen once, in December 2013. His most striking presentation was an off-synch flexion-extension pattern in his legs, in which both his legs rotated to the left or right at the same time (like windshield wipers), rather than in opposite directions. He did not want to lie supine, so we worked with him lying prone for a bit, then sitting on a pillow on a chair. While lying prone, the work focused on sacral unwinding. While sitting in a chair, the work focused on intentionally moving his legs in the normal flexion/extension pattern.

The client tolerated 30 minutes of work, at the end of which, his legs had a normal flexion/extension pattern. His grandmother later reported that he did not persevere during that visit.

This client shows the power of CST to address underlying fascial issues that may be contributing to mental perseveration, even when there are substantial genetic issues involved. It would have been interesting to treat this client over the years, but his family lives in a remote area with no easy access to CST.