

Upledger Institute Case Study
CranioSacral Therapy – Vertigo
By: Rob Fournier

CLIENT (GENDER & AGE): FEMALE 49

NUMBER OF SESSIONS: 4

AVERAGE LENGTH OF SESSIONS: 1 – 1.5 HOURS PER SESSION

DATE OF LAST SESSION: March 4, 2020

COST OF THERAPY PRIOR TO CST USE: UNKNOWN

COST OF CST THERAPY: \$450.00

HISTORY:

- Pertinent Medical History and Symptoms – Client had been experiencing vertigo for the first time about two weeks prior to first appointment. Initially, she was unable to work or drive for two days. She states she has not been able to return to yoga or working out yet. She is not currently taking any medications and has no history of previous surgeries.

- **Other medical Interventions** – Massage (monthly over the past 20 years); Homeopathy (seen once)

EVALUATION (& OTHER) FINDINGS –

1. CSR – weak at thoracic inlet, ribs, left hip
2. OCB – tight
3. Parietal – compression of intercranial membrane
4. Sphenoid – extension lesion
5. Occipital – compressed on left
6. Maxillary Palatine Complex – left shear lesion

TOOLS UTILIZED – Listening stations /arcing/ 10-Step Protocol/ positional tissue release/ direction of energy /mouthwork/acupuncture meridians/chakras/SER -dialogue, RAS – setting a new normal, brain work, glial cells

OBJECTIVE RESULTS: Improved CSR throughout, improved mobility at OCB, maxillary palatine complex in normal rhythm, client reports that her vertigo has significantly decreased from 8/10 to a 2/10, client has been able to return back to work and simple daily activities, she states when she does experience vertigo it is shortened in time frame down to a few seconds vs hours.

SUBJECTIVE RESULTS (DISCUSSION) – Client has started slowly getting back to exercise but still cautious about head inversion positions. During SER, client discovered that she was always seeking out advice and confirmation from her twin sister. During birth, she remembered that she was cramped in utero to give her sister more space to move; this led to her being in the NICU for 3 days and separated from her mom and sister until she recovered. She came to the understanding that she is taking back her own power and believing / trusting in her own inner wisdom. The client by the fourth session was talking with more confidence and trusting and knowing what she needed to do for her own health. As within the first session she was seeking out advice from therapist on what was happening and her sister to tell her what to do. I encouraged her to follow her intuition and that she already knew the answers within. Again by the fourth session, she was able to do this more which correlated with an improvement in overall health and less symptomatic.