

Sleep Apnea and CranioSacral Therapy

By: John Rollinson

Personal Information: 78 year old man

History: This man had been suffering from Sleep apnea, chronic and severe for several months and there was concern for his life.

Previous Tx: No treatment was given other than intubation during sleep due to concerns about anoxia.

Evaluation:

Findings: Compression and reduced blood flow and energy in the right side of the medulla oblongata, impairing function of CO2 receptors there.

Tools used: I used arcing to localize the primary problem, then with atlanto-occipital decompression and direction of energy to and unwinding of the brain stem and surrounding tissues, allowed the medulla to "unscrunch". I also helped the floor of the mouth and hyoid muscles to get some release.

Objective results: Complete remission of symptoms.

Subjective results: The patient's head was fuller and more balanced.

Length of sessions: 65 minutes

Number of sessions: 1