

## **Vision Problems and CranioSacral Therapy**

**By: John Rollinson**

**Personal Information:** 14 year old girl

**History:** Her vision had tested as 20/40 and was worsening.

**Previous Tx:** Developmental eye exercises and glasses had been prescribed but not yet implemented.

**Evaluation:**

**Findings:** There was some tension and restriction in the bones of the orbits and ocular motor muscles, there was also a lack of "presence" in the ciliary muscles and of the optic nerve anterior to the optic chiasm.

**Tools used:** We mobilized/decompressed the maxilla, zygomas, frontal and sphenoid bones; generally opening and balancing the cranium. By blending with and directing energy to the ciliary muscles and optic nerve, she became more able to inhabit those organs.

**Objective results:** Her vision tested as 20/20 at the last observation

**Subjective results:** Improved vision.

**Length of sessions:** 50 minutes

**Number of sessions:** 2