

# Barral Institute Case Study

## Visceral Manipulation – Chronic Neck Pain and Headaches

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Patient: 18-year-old female

Reason for coming: Chronic neck pain which had been present from a young age. She also had been suffering with chronic headaches made worse when she was studying.

Evaluation: The patient had limited cervical translation C5,6 on the left side. Cervical range of motion was limited in side bending left, and rotation left due to pain. She had limited cervical range of motion with right side bending and rotation.

Her left Ribs 5, 6,7 had a limited translation. A decrease in glenohumeral elevation on the left side

General Listening: The patient had an emotional listening.

Manual Thermal Evaluation: There was an intense heat projected at 30cm at the area of her cardia. There was also heat over her frontal area on both sides, more so on the left side

Local listening: There was an attraction upwards from the cardia into the gastroesophageal junction. There was an emotional listening with the left frontal and stomach.

Treatment:

The treatment included the structural component first. The treatment started with treatment to the costochondral junctions of ribs 5,6,7 as well as restoring viscoelasticity to these ribs. Treatment to the gastro phrenic ligament, hiatus, oesophagus, visceral sheath with a specific restriction at the C4,5 prevertebral fascia.

At this stage there was already a remarkable improvement in cervical range of motion and a reduction in pain.

The treatment then went on to treating the emotional component. We started with connecting the cardia with the left frontal using the technique of emit and receive between our two hands and landing the plane.

The emotional listening and spontaneous reception was on the left side. The emotional listening went to before half of her age, I asked non verbally when, what, where. The age came around 7 years old the incident was with a with a teacher and she was in the classroom. The spontaneous image was a small child with a large adult.

Discharging the area created a balanced size of a larger child and an adult resuming a proportionate bigger size.

Results and Follow-up

With sharing the image to the patient. The patient recalled the incident in her class room when she was at that age. She felt more relaxed after the treatment and her cervical restriction had resolved. On follow-up the patient no longer had neck pain and headaches.