

Back Pain and CranioSacral Therapy

By: Nikki Campbell

Personal Information: Female, 40 years old

History: Back pain in lower back and between shoulder blades for last 8 years. Initially treated by acupuncture, chiropractic and physiotherapy. Back been 'Ok' on and off with regular chiropractic for some years until her father died 5 months before she came to see me. Back not much worse again. Was depressed and debilitated. Back very painful, could not get on with her life.

Evaluation: Sacrum very tight and immobile. Diagonal of left temporal/TMJ, right hip was pulling and tight. Neck stiff and cranial base congested. Used Sacral and SI techniques, Temporal techniques, direction of energy), unwinding of neck, lots of diaphragm techniques and SER with dialoguing about father. Meridian for heart and pericardian, heart and solar plexus chakras.

Objective results: Whole spine began to let go, breathing deeper, lots of grief expressed over father, pathway between non-conscious and conscious awareness freed up and patient reported ability to express emotion more easily generally. Back gradually became more mobile and relaxed.

Subjective results: Back pain greatly reduced. Patient more energy and more able to grieve for her father. Growth in awareness of connection between her back pain and her grieving or inability to grieve. Images of her father now bright and clear instead of grey and fuzzy as she had first reported to me. Patient very happy about this.

Average length of session: One hour

Number of sessions: 7