

Back Pain from Auto Accident and CranioSacral Therapy

By: Brain Calderon

Personal Information: 41yo, Female

History: Patient was referred for therapy by her treating chiropractor. Patient was complaining of high pain in her head, neck, shoulders and back. She had a constant HA and migraines 4 times per week. She states her injury occurred when she was driving in an ice storm. Her car slide off the road and she hit the medium. She states she went to the ER and got x-rays. She states she had no other injuries. Currently, she is a teacher, which she states is highly stressful, but enjoys her work. Since her accident she has stopped running, working out, and dancing. She states she is seeing her chiropractor 3 times per week. She states she has not had any other treatment.

Evaluation: Pain and limitations were mod-high in her ADLS, work and leisure areas. She had high pain in her head, neck, shoulders, and mod in her lower back. Pain frequency was at 100%. She stated that she has no good days per week. She had active trigger points, jump signs and muscle spasms in her head, neck, shoulders and back. She had an extremely head forward position, asymmetric shoulders and pelvis. She had limited AROM in her neck, shoulders and trunk. She had high pain with all neck, shoulder and trunk movements.

Modalities: Treatment consisted of CranioSacral Therapy, VM, SomatoEmotional Release, Co-Treatments, Heart Centered Therapy, Lymph, and movement exercises.

Results Objective: Pain and limitations were no-mild with her ADLS, work and leisure areas. She was able to workout and dance without pain. Her job is less stressful and she now sees all the benefits at work. She is able to sleep through the night. She had decreased trigger point activity in all areas and her posture improved to WNL. Her AROM improved to WNL. Patient now is performing all her leisure activities and exercise 3-5 times per week. She started yoga classes.

Subjective: Her pain levels were reduced to minimum in all areas and her pain frequency reduced to 10%. She is now having 6-7 good days per week.

Treatment Length: Eight one-hour sessions.