

Upledger Institute Case Study

CranioSacral Therapy – Auto Accident Induced TMJD

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Client: 47-year-old female

Symptoms:

- TMJ pain
- Stress

Medical History:

- Car accident in 2011 with jaw pain presenting since accident

Treatment History:

- Rolfing in 2012
- Structural Integration in 2019
- Intermittent massage therapy

Evaluation:

Whole body evaluation revealed asymmetrical CSR in shoulders and Temporals, weaker CSR on entire right side of the body, no movement in the left Parietal or Maxilla, energy cysts in hyoid and both shoulders, compression in sacrum, and facilitated segments at C2/C3.

Treatment:

Began with full 10-step protocol and followed with full Avenue of Expression. Evaluation revealed compression and no movement of left Parietal or Maxilla. V-spread was applied for Parietal sutures. Direction of energy was applied to energy cysts at right shoulder connected to facilitated segment at C2.

Treatment then shifted to focus on direction of energy for energy cyst in hyoid and left shoulder. Positional tissue release applied to left arm. Upper body tissue release then led to appearance of additional lower body restriction.

Lower body evaluation then revealed energy cyst in right ovary, compression in sacrum, and slight CSR asymmetry in pelvis. Used direction of energy, decompressed sacrum, dural tube rock and glide, and cranial pumping.

Techniques used:

- Full body CSR evaluation
- Arcing
- Dural Tube Rock and Glide
- Facilitated Segments

- 10-step protocol
- Avenue of expression
- Direction of energy
- V-Spread

Objective results:

Tissue release during Avenue of Expression freed restrictions of Maxilla and left Parietal.

Release of upper body restrictions allowed for surfacing of lower body restrictions.

CSR appears overall more symmetrical and evenly strong after treatment.

Subjective results:

On a pain scale 1-10, the client originally rated TMJ pain at level 7 several times per week with stress levels at 5-8 daily. Over the course of the series, she stated that the pain level diminished, she could feel her jaw drop, stress levels dropped, and she was able to think through things better. While the stress level remained at a level 7, she reported that it was happening less often.

Follow up with client two months after treatment revealed that she had not had one incident of jaw pain since finishing her CST series.

Length of sessions: 60-minutes

Number of sessions: 5

Cost of therapy prior to CST: Unknown

Cost of CST therapy: \$325