

Upledger Institute Case Study

CranioSacral Therapy - Concussion

By: Jill Mabry

Personal

Age: 44

Sex: Female

History

Symptoms

Concussion one week ago from a car accident rear-ending someone

Headache pain ranging from 5 to 7 all the time

Tight shoulders, stiff neck, TMJ pain ranging 2 to 5 afternoon and evening

Pertinent medical history

Two doctor visits, MRI and given pain meds for headache with no relief

Evaluation

Findings

Right leg ½" shorter, GB superior, O/A compression,

Little movement at Left Frontal, Parietal, Sphenoid, Temporal

Tools you used

CST & SER, Oral work and Lymphatic Drainage

Subjective results

Patient said headache went down in pain level and duration after first and second visit with pain gone after third visit.

Neck, shoulder and jaw pain was 1 to 3 late afternoon and evening after first visit and no pain after second visit.

Objective results

At first visit Right leg length leveled and GB came to balance

O/A compression, Left Frontal, Parietal, Sphenoid,

Temporal released

and second visit and by third visit there were complete releases

Average length of sessions

One hour

Number of sessions

3

cost of therapy prior to CST use

Unknown

cost of CST therapy

\$135 per session