

Upledger Institute Case Study

CranioSacral Therapy – Autism

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Client: Nik

Age: 22

Sex: Male

History

Symptoms: Autism spectrum
Verbal delays
Cognitive delays
Insomnia
Anxiety
Hyperactivity
Digestive Issues

Pertinent Medical History:

Client has diagnosis of Autism with deficits in both communication and cognitive abilities. He needs full time care. Client struggles with insomnia and digestive issues and is also hyperactive.

Evaluation:

Whole body evaluation, arcing, listening stations. SQAR examination revealed: healthy expression in legs, arms, and abdomen, but not in head.

Findings: SQAR healthy in entire body except head
Restrictions, tension inside of cranium
Hyperactivity in Nervous System
EC in ascending colon

Treatment:

10-Step-Protocol and added treatment on cranium to help release pressure of intracranial membranes, DOE on EC in ascending colon, work on Cranial Nerve X (Vagus Nerve)

Techniques/Tools used:

Listening stations, whole body evaluation, arcing

Still point induction

10-Step Protocol

Brain work from Brain Speaks class

Cranial Nerves

Objective results:

Client loved the treatment and always fell asleep very fast. His body responded very well to the touch and his anxiety levels decreased as well as the tension inside of his brain. Work on vagus nerve and digestive system, especially the ascending colon, resulted in increased digestive activity (gurgling, etc.)

Subjective results:

Mother reported that client started sleeping through the night after the CST sessions and that his bowel movements improved. She also was pleased to see that his hyperactivity slowed down and the client was better able to follow directions and stay still for longer periods of time. There was no change in his speech abilities, but there seemed to be more cognitive clarity and an increased capacity to understand and follow directions.

Length of session: 60 minutes

Number of sessions: 12, over a 6-month period

Cost of therapy prior to CST use: none/unknown

Cost of CST Therapy: USD 1,200