

**Upledger Institute Case Study**  
**CranioSacral Therapy – CranioSacral Therapy after a Tooth Extraction**  
**By: Kyriakos Karampatziakis, OT, CST-T**

**Age:** 33 y.o.

**Sex:** Male

**History Symptoms**

- Neck pain
- Back pain
- Chronic fatigue
- Depression

**Medical History**

- 2008 - Diagnosed with depression

George came to my office due to musculoskeletal problems, neck pain and back pain.

From the dental history we found:

- At the age of 12, the dentist found in X-rays a molar that was above his maxilla and never came down. George then had an operation on the roof of his mouth for the extraction of this hidden tooth. After the operation, he started to have Attention Deficit Disorder and Learning Difficulties. He gained a lot of weight and his metabolic process changed. At the age of 19-20, he was diagnosed with depression.

**How long treated by others; frequency and type**

- Psychiatrist, 10 treatments, since 2008
- Homeopathy, 40 treatments, since 2016
- Massage Therapy/ bodywork: 30 treatments since 2015
- Acupuncture, 15 treatments, since 2020
- Osteopath, 10 treatments, once/week since 2020

**Evaluation**

In the beginning, I did an evaluation of the body with the listening stations and found very low quality in CSR and the existence of the Triad of Compression/Depression. After the 5th session I did the evaluation of the hard palate, and then I found the vomer impaction. The arcing has shown energy cysts on the neck and the mouth area.

**Findings**

- OCB Compression
- O5 - S1 Compression
- Sphenoid Compression
- Vomer Impaction
- Energy Cyst on Suprahyoids muscles left
- Energy Cyst on Suboccipital Muscles left
- Quality of CSR is very low

## **Treatment**

We did 5-6 sessions, using the whole-body evaluation, the 10-step protocol, CST, and SER before I realized that the compression of OCB, the Sphenoidal compression on the occiput, and the compression of the S1-L5 were coming back, even after a good session with a thorough decompression of all three areas. George had a series of SER in the 3rd and the 4th session. But this couldn't help the body recover from the Triad of Compression/Depression that was always coming back, a couple of days after our CST session.

George had a lot of questions and he was interested in clinical thinking and process. I was convinced that something else should have played a role in this situation. George was very persistent that CST would be the solution for his health problems. He actually prepaid 20 CST sessions in order to find the root of his problem.

Then, we explored more about the extraction of the tooth when he was 12 y.o. We started working with the mouth protocol and I have found an impaction of the vomer on the sphenoid. It was hard to disengage the vomer and maxilla from the sphenoid. It took us 2-3 sessions to have a full disimpaction of the vomer. After this, he could feel the shape of his whole head change. We worked again with Sphenoid and Maxilla Decompression. We also released the Energy Cyst on the left suboccipital muscles and another one on the left suprahyoids muscles.

In the 19th session, I did my initial evaluation and for the first time his CSR was vivid, the rate was slow and the excursion was long and symmetrical. I couldn't find any tension or energy cyst in his body. I did a 10-step protocol just for enhancing the ability of his body to hold the state of wellness. I told him to save the 20th session for the time and suggested he could come for a check-up 3 months later

## **Tools you used**

- 10-Step Protocol
- Whole Body Evaluation
- Energy Cyst Release
- Avenue of Expression
- Mouth Work
- Therapeutic Imagery and Dialogue
- SER

## **Objective Results**

The disimpaction of the Vomer eliminated the Triad of Compression. After a good disimpaction of the Vomer, the results of Decompression of OCB, Sphenoid and L5-S1 became permanent. The SER process helped George with old stuff from the past, when he was discovering as a teenager the learning difficulties and the depression in his life. The SER process on the suboccipital muscles has reminded him of a treatment he received by a chiropractor, when his body experienced the thrusts as a violent action rather than a release. After these treatments he looked more happy and confident and most of all he knew what happened to him when he was 12 years old, and all of the sudden his whole life changed by the “unnecessary” extraction of a hidden tooth.

## **Subjective Results**

George was very happy after the 19th session. As he says: “I am in a bliss state. I am happy because I am alive, with no particular reason to be in that state. I just woke up in the morning and I am happy.” He has no signs of depression, neck pain or back pain anymore.

**Length of sessions** - 60 minutes

**Number of sessions** - 26

**Cost of therapy prior to CST use** – estimated 10.000 €

**Cost of CST therapy** - 1300 €