

**Upledger Institute Case Study**  
**CranioSacral Therapy – CranioSacral Therapy for Migraines, Depression**  
**& Abnormal Menstruation Cycle**  
**By: Kyriakos Karampatziakis, OT, CST-T**

Age: 30 y.o.  
Sex: Female

**History Symptoms**

- Headaches/ Migraines
- Depression
- Abnormal cycle of menstruation
- Chronic fatigue

**Medical History**

- No diagnosis

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

- Different neurologists have seen her in the past. She was convinced that there is no treatment for her condition. She used medication for the migraines and antidepressants.

**Evaluation**

The evaluation has shown the Triad of compression/depression. Tension on the cervical spine. Restriction on the Pelvic diaphragm.

**Findings**

- OCB Compression
- O5 - S1 Compression
- Sphenoid Compression
- Quality of CSR is very Low on all Listening stations
- Adhesions on the pelvic area after a cesarean for her only child.

**Treatment**

The first treatment we implemented a 10 step protocol. Decompression on all areas of the Triad of Compression. The second treatment was focused on the area around the cesarean as we found an Energy Cyst on the left ovary. She had an Energy Cyst Release and then we worked on the hard palate. Decompression of the maxilla and disimpaction of the vomer has been implemented. She had no symptoms of migraines after the first treatment. I could feel her more happy and the CSR was vivid.

**Tools you used**

- 10-Step Protocol
- Whole Body Evaluation
- Energy Cyst Release
- Mouth work

### **Objective Results**

After the Decompression of the three elements of the Triad of Compression/Depression, she had no symptoms of depression and no fatigue. She didn't have any pain on her neck and back. I felt the Release of the Energy Cyst on the left ovary was complete in the second session. The 10-step protocol eliminated the tension on the cervical spine and the restrictions on the cranial membranes.

### **Subjective Results**

Kelly stated

“I had symptoms such as migraines, neck and back pain and depression that started 10 years ago.

Leaving, after the first session, I felt my neck much better. Feelings of joy and euphoria prevailed in my mood!

In the evening I felt a rather strong headache, which I perceived as relief. For the next two days the migraines were almost non-existent!

In the second session, things went even better ...

Mr. Kyriakos, you heal without drugs, without pain, only with touch, and that is a gift !!!

I owe you a very big thank you !!!”

Kelly had to leave Athens, as she lives on a small island in South Greece. She called me two months later and told me that she is pregnant and very happy with her life, with no signs of depression, neck and back pain, or migraines.

**Length of sessions** - 60 minutes

**Number of sessions** - 2

**Cost of therapy prior to CST use** – Unknown

**Cost of CST therapy** - 120 €