

Upledger Institute Case Study
CranioSacral Therapy – CranioSacral Therapy for Torticollis and Plagiocephaly
By: Kyriakos Karampatziakis, OT, CST-T

Age: 6 months

Sex: Male

History Symptoms

- Torticollis
- Plagiocephaly

Medical History

- March 2021 - Born with cesarean
- July 2021 - Diagnosed with torticollis and plagiocephaly due to positioning

How long treated by others; frequency and type

- Pediatric Physical Therapist, 10 treatments, once/week since July 2021
- Pediatric Orthopedic Surgeon proposed wearing a helmet (cost is 1.500 approximately)

Evaluation

The evaluation has shown an Energy Cyst on the Scapula and SCM (Right), restriction on the thoracic inlet, right temporal stuck in flexion.

Findings

- OCB Compression
- Tension on Right Scapula and the Omohyoid muscle
- Restriction on Thoracic Inlet
- Energy Cyst on SCM Right
- Asymmetry of CSR at the shoulders
- Asymmetry of CSR on Temporal Bones

Treatment

In the first session, we started with a CV-4 and the Sacral Techniques followed by a Dural Tube traction inferiorly. Then we worked on Respiratory Diaphragms and the Thoracic Inlet. I found the tension on the right Omohyoid muscle and followed the tissues. My hands were attracted to the right scapula where we had a Release of an Energy Cyst with a lot of heat coming out of this area. He then started screaming indicating he was in a SER process. After a short break we released the Hyoid Diaphragm followed by Direction of Energy to the Right SCM.

In the second session, after a whole-body evaluation, we implemented a decompression of OCB. Then we addressed the intracranial membrane system, with a decompression of all the bones of the skull. We didn't find any suture stuck. The right temporal had been stuck in flexion. After a lateral decompression, the right temporal could find the physiological motion of Flexion and Extension, in symmetry with the left temporal. The symptoms of the torticollis had been eliminated and there is still a sign of plagiocephaly, but the shape of the head seems much better.

In the next sessions (3rd to 6th) we implemented the 10-step protocol, and worked again on the cranial vault, and around the cranial base and the cervical spine. We checked the hard palate, and we found a Lateral Shear of the maxilla (Left) and then we addressed that. In the 6th session the plagiocephaly is dissipated and there are no symptoms of torticollis.

Tools you used

- 10-Step Protocol
- Whole Body Evaluation
- Direction of Energy
- Mouth work
- CST/SER

Objective Results

The SER process helped to eliminate the tension on the omohyoid and the SCM on the Right side. The CSR on shoulders was more vivid and symmetrical and it had a good excursion after the 1st session. The lateral traction on the right ear opened up the occipito-mastoid suture. This helped the temporals to move in Symmetry to flexion-extension. There are no signs of torticollis, Christian can turn his head to the left and right freely. There is a very small degree of plagiocephaly but generally it seems that is going to disappear soon.

Subjective Results

His mom stated

“Our son was born in September 2020 by cesarean section due to the fact that he had a quadruple wrap around his neck.

Six weeks later we began to notice he had a constant preference to sleep with his head turned to the right. After we did a brain ultrasound, to make sure that the seams in the skull were still open, we visited a pediatric orthopedist as well as a pediatric physiotherapist. The diagnosis was that he had torticollis and plagiocephaly due to position. Despite our efforts to give him stimulation from his left side in order to turn his head (as we had been advised), his tendency to turn to the right remained strong and his oblique head deteriorated dramatically.

When our son was 4 months old, my sister advised me to try CranioSacral Therapy. The result was obvious from the very first session. From the next day, the baby started to turn his head easily to the left. And after the second session, the shape of the head began to improve significantly.

We have done 6 treatments so far (once every 2 weeks) and the improvement is impressive. Now, the Torticollis issue has been COMPLETELY overcome, while regarding the plagiocephaly results from time to time and the truth is that every time I am surprised by the improvement !!”

Length of sessions - 45 minutes

Number of sessions - 6

Cost of therapy prior to CST use –

Pediatric Orthopedic Surgeon, 2 visits, 200 € (plus 1500 € for the helmet he proposed- parents denied that option)

Pediatric physiotherapist, 10 visits, 500 €

Cost of CST therapy - 300 €