

Upledger Institute Case Study
CranioSacral Therapy – Debilitating Sacral and Leg Pain
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Age: 49

Gender: Female

History

Symptoms

- Left side sciatica pain going on 5-6 years
- Fatigue after walking or standing
- Feeling weak at the end of the day
- Edema in legs
- Bending at the hips is very painful
- Spasms in legs at night when lying down

Pertinent Medical History

- L5 compression fracture
- L5-S1 Stenosis
- High Blood Pressure
- Chronic UTI's
- Two - C Sections
- Kidney Stones

How long treated by others

Client has received treatment from chiropractic care, pain clinic, osteopathic medicine, physical therapy, and neurology. Referred to CranioSacral therapy as a suggestion from a friend.

Evaluation

Assessed client's CranioSacral rhythm, fascial glide, arced for energy cyst, fascial restrictions in the intracranial membrane and dural tube, and facilitated segments.

Findings

- General Myofascial tightness in the abdomen and thorax
- Energy Cyst just to the left of the sternum and multiple energy cyst in pelvic floor
- Facilitated segments L5-S1, T8-L2, T3-T6
- Decrease CSR in the left leg, left hip, shoulders, left side of cranium
- Triad of compression

Treatment

Sessions largely consisted of 10-Step protocol, treatment of energy cysts, treatment of facilitated segments throughout the lumbar and thoracic spine, and decompression of the occipital cranial base, and sacrum, with dural tube traction. Energy cysts presented with SomatoEmotiaol Release, using dialogue and imagery as needed. MLD as needed for the lower body.

Tools you used

- 10-Step protocol
- Direction of Energy
- Arcing
- CST/SER
- Dialogue and Imagery
- Regional Tissue Release
- Manuel Lymph Drainage (MLD)
- CSWCD – Chronic Depletion - Global Epicenter

Objective Results

During the first four sessions treatments mostly addressed core restrictions found below C1-C2 in the transverse diaphragms of the pelvic floor, respiratory diaphragm, and thoracic inlet. Facilitated segments in the thoracic and lumbar spine were treated with direction of energy and dural tube traction and, regional tissue release. After most of these restrictions were released, MLD was done successfully to help reduce edema in the lower legs. Edema has not returned since. Client has had almost complete relief of lower leg pain and SI instability. We continue to work with restrictions as they come up and have started to space sessions out with less frequency.

Subjective Results

Client has started to report living a fuller life. Through SomatoEmotional Release she feels she has given greater priority to her own needs and feels that she does not need to “fix others” as much. With less pain she has been able to become more active and enjoys spending time on her own interests and with her family. She has spoken to her doctor at the pain clinic, and they have informed her that since she is relieved of her pain in her legs and sacrum, they do not need to follow up with more injections. Should she make six months without pain returning they will be reducing her medications as well.

Discussion

With this client treatment of energy cyst, facilitated segments, and SomatoEmotional Release were key factors in relieving the chronic pain, fatigue, and lower extremity weakness. Client is finding that they have overall less discomfort in their lower abdominal area and has less recurrence of chronic UTI's. Client has discussed seeking out PT specific to the pelvic floor.

Length of sessions

60 Min.

Number of sessions

10

Cost prior to CST used

unknown

Cost of CST Therapy

\$980

Last Date of Treatment:

30 December 2021