

**Upledger Institute Case Study**  
**CranioSacral Therapy – Glial Work Helps Concussion Recovery**

**By: Amy Hanson, LMT, CST-T**

A 69-year-old woman sought CST in late 2018 to help relieve pain caused by a car accident three months before wherein she was rear-ended. Her initial symptoms included sacral pain, shoulder pain, and pain radiating up her neck to wrap around the lateral sides of her head to produce a headache. She had concussion symptoms including headaches, difficulty processing her usual mental tasks, becoming easily overwhelmed by her usual tasks, and excessive fatigue causing her to sleep during the day to an unusual extent.

Work with this client spanned 16 months and 90 sessions, and at various times covered the gamut of CS and myofascial techniques. What stood out as interesting and unusual was the power of CS glia work, per Tad Wanveer's techniques. After the first session of glial work, the client said that it was "significantly great," and that she could think better and had more energy. Glial work was often incorporated into her sessions after that, though that first session was the most outstanding.

It's worth noting that this client's healing was not a direct line, as is often the case with serious concussions. Although her overall trajectory was one of improvement, her weekly reports could be one of improvement or setback, healing or re-injury. She was working with other healers all this time, including neurologists, physical therapists, and ophthalmologists. It was quite interesting for a feeling of glial disorganization to come through during CST listening, and to feel those areas become more coherent over time.