

## Upledger Institute Case Study

### CranioSacral Therapy – Lactation/Torticollis

By: Alyssa Frey

**Personal:** Martin

**Age:** 4 months old. Born 12/29/18

**Sex:** Male

#### History/Symptoms

- Difficulty with latch during breastfeeding.
- Difficulty with tummy time.
- Decreased visual tracking.
- Plagiocephaly right occipital area.
- Reflux.
- Digestive issues.
- Heightened nervous system.
- Compressive suck and latch while breastfeeding.
- Decreased neck rotation to left 50 percent.
- Decreased neck extension.
- Bilateral hand fisting.
- Need to be constantly held.
- Decreased comfort lying on back.

#### Pertinent Medical History

- Delivered via C-section 4 weeks early on 12/29/18.
- Decreased oxygen at birth.
- Mom experienced back labor.

#### Evaluation

Fascial restrictions OCB, bilateral hips, left hip greater than right, left ribcage and shoulder, right TMJ, cervical musculature, hyoid, palate/vomer, thoracic inlet, lumbo-sacral, dural tube.

#### Findings

Decreased cervical AROM with rotation and extension, fascial restrictions as above. Decreased neurological organization with suck/swallow, heightened gag reflex.

## **Treatment**

Unwinding arms and legs. Majority fascial restriction left shoulder joint and surrounding fascial unwinding, rib cage, OCB, dural tube, left hip and both legs significant unwinding. Cranial bones- frontal, parietals and temporals released parietal override. Vomer release inferior. Hyoid unwinding.

## **Tools used**

- 10 step protocol for infants.
- Arcing.
- CST.
- Dural tube.
- Mouth work.

## **Objective Results**

Released vomer, OCB, and left side of body. This helped to achieve greater cervical ROM, increase independence with tummy time and feeding with more ease on the right breast. Martin was much more content at the next session. He was able to be supine on his back and presented with more isolated neck ROM.

## **Subjective**

Mom reported left neck ROM increased to 75 percent and that he fell asleep several times with head rotated to left. She also reported increased ability for tummy time and improved latch on the right. Reflux decreased.

**Length of sessions-** 45 minutes.

**Number of sessions-** 3.

**Cost of CST therapy-** \$450.00.