

Upledger Institute Case Study
CranioSacral Therapy – Parkinson’s Disease
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Age: 72

Gender: Female

History

Symptoms

- Muscle rigidity
- Poor balance
- Severe kyphosis
- Loss of speech
- Loss of bladder control
- Sleep disorders
- Cognitive problems

Pertinent Medical History

- Multiple falls due to poor balance and loss of coordination
- Post-concussion
- Hysterectomy
- Breast Cancer
- Parkinson’s disease

How long treated by others

Client was diagnosed with Parkinson’s disease in 2013 right after finishing treatment and being cleared for breast cancer. They are being seen by a primary care physician, neurologist, chiropractor, and physical and occupational therapist. The client was referred for craniosacral therapy by their daughter who is their chiropractor as well.

Evaluation

Initial evaluation assessed client’s craniosacral rhythm (CSR), fascial glide, arched for energy cyst, fascial restrictions in the intracranial membrane and dural tube, facilitated segments, and core restrictions.

Findings

Upon evaluation client’s craniosacral rhythm was very slow, faint, about 1-3 cycles per minute. The quality of the rhythm is erratic, and the whole system feels shaky. CSR is overall symmetrical, very little amplitude; the system as a whole feels depleted, lacking in vitality. Compression at the occipital cranial base, sphenobasilar joint, and L5/S1. In general, the entire system has a myofascial restricted feeling as if the whole system is compressed. Very little if any movement in the ribs, and most of the tissue throughout the body feels brittle.

Treatment

Generally, our treatment sessions utilize the following treatments with a few variations depending on what the client presents with when they come in. CV4 Still Point, 10-Step protocol taking time with each of the transverse fascial diaphragm releases. Modified occipital base release is necessary. Other techniques used during the session and integrated into the 10-step protocol at appropriate times to help soften core restrictions and increase the production and flow of craniosacral fluid: Cranial pumping, rib work as covered in CSWCD, still points as needed to help the system soften and reset.

Tools you used

- 10-Step protocol
- CV4 Still Point
- Cranial Pumping
- CSWCD – Chronic Depletion – Rib releases, Global and Regional Epicenters

Objective Results

After each session, the most notable changes are the client's CSR. There is significant change to the increase in rate, amplitude, and quality. The craniosacral system is more vibrant and robust. The client's posture improves has improved in flexion and more notably extension. Client has shown an improvement in cognitive abilities, and speech patterns, balance and softening of muscle rigidity. Increase in breath and extension through the thoracic spine from the rib work.

Subjective Results

The client always stands at the end of their session and states that they can now look up and see others faces. In the 4 years we have been working together, they refuse to miss one CST session. It has made noticeable differences in how they interact with others, and how they feel generally. Their daughter who is a chiropractor always treats following our CST sessions. She states that it has made a difference in the occipital base, sacrum and the entire spine, softening and opening the system. The client's quality of life and family interactions have improved, and the family believes that CST has decreased the signs of degeneration from Parkinson's disease.

Discussion

CST in this case has proven to be very effective and complementary therapy to help address the symptoms of Parkinson's disease. However, the treatment seems to lose its effectiveness over time. This client comes in monthly, and it is my belief that they would have even better results if they were able to increase the frequency of their sessions. Client had recently agreed to increasing the frequency of the sessions and we will continue to monitor any progress.

During the year 2020 while our offices were mandated closed due to COVID-19, this client was not able to come in for their monthly sessions. The family contacted me after two missed sessions and asked for their mother to be seen, as the client's symptoms had greatly increased. The client's cognitive abilities had diminished, and speech was increasingly challenging, the client's balance had been lost to the point of needing a walker to move around. Pain and discomfort had increased from the muscular rigidity. Agreeing to meet at the chiropractic office that was not under mandate closure, and using safety protocols, we had a session. Immediately there was a decrease in symptoms and within two weeks the client had returned to their level of function prior to the mandated closers.

Length of sessions

30 Min.

Number of sessions

12 yearly

Cost prior to CST used

unknown

Cost of CST Therapy

\$480 yearly

Last Date of Treatment:

28 December 2021