

## Upledger Institute Case Study

### CranioSacral Therapy – Sensory Processing Disorder

By: Alyssa Frey

**Personal:** Carolina

**Age:** 2.5 years

**Sex:** Female

#### History/Symptoms

- Seizure like activity- episodes of freeze response of the nervous system.
- Sensory dysregulation.
- Torticollis.

#### Pertinent Medical History

- Colic.
- History of tongue and lip tie- revised twice first year of life. First at 2 weeks old. Second at 1 month old.
- Traumatic Birth- fast, vaginal, 3 weeks early and posterior position.
- Mom prescribed strong medication for acute back while pregnant.
- Bilateral Hip Dysplasia.
- Gross motor delays.
- Food sensitivities.
- Constipation issues first year of life.

#### How long treated by others, frequency and type

- Physical Therapy for gross motor delays for 1 year (ages 1-2 years)

#### Evaluation

Arcing revealed energy cyst hyoid/avenue of expression. Fascial restrictions pelvis, left hip, left shoulder, OCB and hyoid. Parietal override and frontal bone compression. Decreased flexion phase craniosacral rhythm throughout cranium. Whole body extension pattern. Compression OCB. TMJ instability leading to heightened nervous system. Restricted zygoma right cheek. Thoracic inlet, suprahyoid/infrahyoid and sphenoid compression. Emotional and nervous system dysregulation.

#### Findings

- TMJ instability.
- Decreased AROM to neck and shoulders.
- Emotional/heightened sensory system.
- Cranial bone tension pattern parietals and frontal bone.

## **Treatment**

During the OBC/cervical spine release, Carolina's significance detector went off and she became very still. She had a few deep audible breaths. While releasing her thoracic inlet, there was an extreme amount of heat and clinging to her mom. When stabilizing her jaw, her whole body relaxed. Dural tube tension released with the rock and glide technique

Direction of Energy used to release compression parietal bones.

Hyoid release was performed.

## **Tools used**

- Arcing.
- Child 10 step protocol.
- Direction of Energy.
- Energy Cyst release.
- Avenue of Expression.

## **Objective Results**

After releasing the cranial bones, there was an increase in the craniosacral rhythm in the flexion phase. Deep breaths and relaxation noted when releasing hyoid and stabilizing TMJ.

Client more relaxed and less sensitive to touch during her follow up visit. She sat independently on the massage table without the need for her mother to be holding her.

## **Subjective Results**

Mom reported a significant decrease in "episodes" of the aforementioned symptoms. She also reported improved sleep. Significant improvement reported in structural alignment of neck and shoulders, and increased balance reported with gross motor activities. Mom reports Carolina asks to come for CST because she says "it makes her body feel better".

**Length of sessions-** 45 minutes.

**Number of sessions-** 25.

**Cost of therapy prior to CST use-** PT 2/week for one year- Unknown.

**Cost of CST therapy-** 3,500.00.