

Upledger Institute Case Study

CranioSacral Therapy – Severe Jaw Pain

By: Jill Mabry

Personal

Age: 55

Sex: Female

History

Symptoms

Severe (10+) pain in Right jaw and on heavy medications

Pertinent medical history

10 years of Trigeminal Neuralgia

She had 2 surgeries to relieve nerve pain. First surgery left her with more intense pain. Second surgery returned her to where her pain level was before the first surgery. Since then she has been on high doses of medication to manage the pain which leaves her unable to function in life or drive.

How long treated by others; frequency and type

10 years of medical care with 2 surgeries and many drugs for pain

Evaluation

Findings

Very tight O/A (with 1 ½ inch of Occiput bone removed on Right from surgeries), Right Temporal bone restricted at occipital/mastoid suture and circumferential limited movement of CSR

Patient had a posterior hyoid, sphenoid low CSR, compression of the Right mandible. Inflammation at the base of the Right occiput at the surgical site

Tools you used

CranioSacral Therapy, SER, SPI, and Lymphatic Therapy

Subjective results

Patient reported after the third weekly visit she was feeling a change in her life.

Saying she felt more calm and had more ability to focus.

After 3 months she was able to start reducing pain medication and resumed driving.

She expressed gratitude for the work and great relief from the Still-Point Inducer.

Objective results

Little by little over time all areas of restriction began to release and she was able to lower medication dramatically. Currently at her biweekly appointments she still has inflammation at the surgical sight.

Average length of sessions: One hour

Number of sessions: One time a week for 2 years and at present once every 2 weeks

Cost of therapy prior to CST use: Information not available to me

Cost of CST therapy: \$100 per hour