

## Head Trauma and CranioSacral Therapy

**By: Rebecca Ridge**

**Personal Information:** Client 1 "N" **Birth date:** 7/7/66 **Sex:** Female

**History:** Tonsillectomy '76, Bungee Jumping Accident '86 Hospitalized with Concussion, Received Physical therapy for 8 sessions for cervical strain and lumbar strain.

**Evaluation:** Torsion in pelvis, restricted mobility of the dural tube, compression of occiput, and torsion in sphenoid, all diaphragms compressed especially in pelvis and diaphragm muscle. Psoas muscle in spasm. Compression of the cranium indicated from type of accident. She landed on her head in the bottom of the harbor and was only saved by her bungee jumping partner she was tied to in tandem. Treated with 10 step protocol, positional release, deep muscle massage and reflexology as well as SER.

**Objective results:** released diaphragms especially in pelvis, treated torsion pattern, and also with diaphragm muscle . Mobilized the dural tube, and with Positional release and myofascial unwinding released the cervicals and muscles of neck, trapezius, scalenes, and sternocleidomastoid. Decompressed the sphenoid, and occipital base, release of the hyoid bone, and mastoid bone released and balanced. Maxillary bones, the vomer and palatines, treated and released.

**Subjective results:** The client "N" was able to release emotions of grief and belief system related to the accident, that she had no purpose in life, underlying history of sexual abuse contributed to her feelings of depression and taking suicidal risks with her life. She was able to identify and express these feelings and dialogue with perpetrators in SER sessions. She was able to call upon her inner wisdom and the assistance of her deceased grandmother for help and guidance.

**Length of sessions:** 1 and 112 hours

**Number of sessions:** 11 sessions over a period of 1 year