

## Headaches, Anger and CranioSacral Therapy

**By: David Halfon, L.M.T.**

**Medical History:** Karl is a 19 year old male who presents to the Intensive Program with decreased short term memory, headaches; he feels he is an emotional wreck at times and has been angry as long as he can remember. Karl currently receives some chiropractic and CranioSacral Therapy.

**Current Level of Function:** Karl takes care of all activities of daily living.

**Patient/Family Goals:** Karl's goals are to release all the tension in him and also the feelings of pain.

### Clinical Observations/Assessment

#### CranioSacral Rhythm

Initial: Symmetry: moderate asymmetry in flexion; Quality: hot, thick, labored; Amplitude: moderately low in flexion; Rate: 4 cycles per minute

Post: Symmetry: symmetrical; Quality: increased vitality, smooth; Amplitude: mild restriction in flexion; Rate: 6 cycles per minute

#### Transverse Diaphragms

Initial: Pelvic: moderate left torsion; Respiratory: moderate right torsion; Thoracic: severe posterior compression; Hyoid: severe right lateral strain; OCB: severe compression

Post: Pelvic: mild anterior restriction; Respiratory: moderate right torsion; Thoracic: moderate compression; Hyoid: mild restriction; OCB: mild-moderate compression

#### Dural Tube

Initial: Restrictions: C1, C2, C3, C4, C7, T4, T8; Facilitated Segments: C4, T8, T4

Post: Restrictions: C1, T2, C7; Facilitated Segments: T4

#### Intracranial Membrane System

Initial: moderate posterior compression of falx, severe medial compression bilaterally of tentorium

Post: mild compression of falx, mild-moderate bilateral medial compression of tentorium

#### Cranial Vault

Initial: Frontal: severe compression; Left Parietal: moderate left lateral strain; Right Parietal: moderate medial strain; Sphenoid: moderate right strain, severe right lateral strain; Left Temporal: severe compression; Right Temporal: severe compression; Occiput: severe right lateral strain

Post: Frontal: mild left torsion; Left Parietal: mild left lateral strain; Right parietal: mild medial strain; Sphenoid:--; Left Temporal: mild compression; Right Temporal: mild compression; Occiput: moderate left torsion

#### Facial Bones/Hard Palate/Teeth

Initial: Left Zygoma: severe posterior compression; Right Zygoma: moderate right lateral strain; Left Maxilla: severe extension lesion; Right Maxilla: severe extension lesion; Vomer: moderate extension lesion; Left Palatine: moderately superior; Right Palatine: no restriction; Left Nasal: medial compression; Right Nasal: right lateral strain; Mandible: moderate right torsion; TMJ: severe compression bilaterally

Post: Left Zygoma: mild compression; Right Zygoma: no restriction; Left Maxilla: moderate extension lesion; Right Maxilla: moderate extension lesion; Vomer: mild extension lesion;

Left Palatine: mild restriction; Right Palatine: no restriction; Left Nasal: mild left torsion; Right Nasal: mild left torsion; Mandible: mild compression; TMJ: mild-moderate compression

### **Sacrum**

Initial: moderate right lateral strain with severe compression

Post: mild compression

### **Energy Cyst(s)**

Initial: thoracic inlet, left side of face

Post: thoracic inlet

### **Fascial Glide Restrictions**

Initial: severe restrictions throughout torso

Post: moderate restrictions in torso

### **Treatment**

**Services provided included:** CranioSacral Therapy, Neuromuscular Re-education, Myofascial Release, SomatoEmotional Release, Visceral Manipulation, Kinetic Activities, Osteopathic intervention, Acupuncture, Autogenic training, visualization, progressive relaxation

### **Summary**

Karl responded well to the Intensive Program. He reports he is feeling excellent, more confident and releasing a lot of emotional stress has helped alleviate the tension within. Karl's body feels much softer with increased fascia1 mobility.