

Migraines and CranioSacral Therapy

By: Mariann Sisco

PERSONAL

Age: 58 **Sex:** Female

HISTORY

Symptoms:

- 1) Migraines
- 2) Stiff Neck

Pertinent Medical History:

- 1) Migraines for "years and years".
- 2) Medications for migraines taken two times per month.
- 3) Needs a chiropractic adjustment every three weeks.
- 4) Right knee menisectomy.
- 5) Unknown right shoulder surgery.
- 6) Left knee ACL tear with no surgical repair.

EVALUATION

Findings:

- 1) Decreased cervical ROM with reproduction of pain with rotation and sidebending to left.
- 2) Increased muscular tension of cervical and suboccipital musculature.
- 3) Pelvic Obliquity.
- 4) Counter rotation of temporal bones.
- 5) Compression of parietal bones.
- 6) Sphenoid compression.
- 7) Torsion of falx cerebri.

Tools Used:

- 1) Hands
- 2) Goniometer
- 3) Still Point Inducer

Objective Results:

- 1) Increased cervical ROM with no reproduction of pain.
- 2) Decreased tension of cervical and suboccipital musculature.
- 3) Restoration of normal axes of movement of cranial bones.
- 4) Improved falx cerebri mobility.
- 5) Pelvic symmetry.
- 6) Migraine medication no longer needed.

Subjective Results:

- 1) Relief of neck pain.
- 2) Relief of migraines.

Average Length of Sessions: 1 hour

Number of Sessions: 14 Visits