

Normal Pressure Hydrocephalus and CranioSacral Therapy

Description:

PERSONAL

Age: 80 **Sex:** Female

HISTORY

Diagnosis: Normal Pressure Hydrocephalus (NPH)

Symptoms:

- 1) Dementia
- 2) Short term memory loss
- 3) Severe fatigue
- 4) Urinary incontinence
- 5) Unsafe ambulation secondary to dementia

Pertinent Medical History:

- 1) Progressive onset of above symptoms with shuffling gait and dizziness.
- 2) Fall with fracture of left femoral neck.
- 3) Left total hip replacement (THR) one month prior to initiation of CST.
- 4) Two lumbar punctures for treatment of NPH 3 weeks prior to initiation of CST.
- 5) Diabetes treated with meds.
- 6) Hypertension treated with meds.
- 7) Inconsistent PT for rehab of THR secondary to dementia/uncooperativeness.

EVALUATION

Findings:

- 1) Decreased CSR rate of 2 CPM.
- 2) Decreased extension phase of the CSR.

Tools Used:

- 1) Hands

Objective Results:

- 1) Increased CSR rate of 11 CPM maintained over the last week of treatment.
- 2) Significant improvement in dementia and short term memory. Able to have meaningful conversations with daughter via long distance phone calls.
- 3) Participating in regular sessions of PT for THR rehab and ambulating with a rolling walker with stand by assist.

Subjective Results: (As reported by other parties noted below)

- 1) Increased alertness as reported by nursing home staff.
- 2) Increased short term memory and return to "old self" by daughters.
- 3) Improved energy as reported by daughter.

Average Length of Sessions: 1 hour

Number of Sessions: 12 visits

Addendum: This patient was moved to Pittsburgh, PA by her daughters. A referral was made to another PTICST practitioner. Her daughter phoned and stated that although her mother continued with PTICST, she did not continue to do well and a shunt procedure was performed. She reported that her mother's memory improved.