

Numbness in Left Side of Body and CranioSacral Therapy

By: Charles Gilliam

Personal: Age: 45 **Sex:** Female
History

Symptoms: Sacrum goes out. Left side of her body doesn't work, especially shoulder neck and head.

Pertinent medical history: Gradual onset of sacral symptom at age 28. Swimming helps manage it. M.D. suggested bed rest which was not helpful. Chiropractic did not work. Feldenkrais helped some. Acupuncture helps energetically. Mother was alcoholic. Born by emergency C-section, mother almost died, and Angie had a very low apgar.

Evaluation

Findings: Left sphenoid torsion. Left sacral torsion. Right leg/hip compression. Tightness in between scapulas. Arcing to chest and throat.

Tools used: CST, SER, Zero Balancing

Objective results: I have continued to see Angie over the last 5 years. Her sacrum has stabilized. An auto accident 3 years ago exacerbated her cervical area and her sacrum. Her cervical area is now stabilized and her sphenoid and occiput are decompressed and balanced.

Subjective results: The major SER over several years was the intense fear that she was going to die and that it was her father who would kill her. She had been severely abused by him as a child. As she was able to come more into her body with my hands on her, she could place the image in her past and come into the present. The result was more feeling in her pelvis and then into her diaphragm and then into her throat. Because of her extensive meditation practice she could differentiate quite amazingly between her in the world work and this crucial inner work. In the beginning she would almost immediately go into this terrifying place once on the table. Now she senses this place in her upon my touch and can be with it and choose her life now.

Average length of sessions: 1 hour

Number of sessions: 70