

## **Osteopenia and CranioSacral Therapy**

**By: Mariann Sisco**

### **PERSONAL**

**Age:** 57 **Sex:** Female

### **HISTORY**

#### **Symptoms:**

- 1) Constant sacral pain and right posterior thigh pain.
- 2) "Tightness" in sacrum.
- 3) "Pressure" right groin.
- 4) Unable to sit without reproduction of leg pain.
- 5) Unable to run for exercise.

#### **Pertinent Medical History**

- 1) Osteopenia
- 2) Fall on sacrum while rollerblading one week prior to initiation of CST
- 3) MRI revealed HNP L3-4 and L4-5 and "cracked" sacrum.

### **EVALUATION**

#### **Findings:**

- 1) Decreased trunk ROM with reproduction of pain with backward bending and rotation to the right.
- 2) Pelvic obliquity.
- 3) Left side of sacrum rotated posteriorly.
- 4) Triad of compression.
- 5) Tight dural tube.

#### **Tools Used:**

- 1) Hands

#### **Objective Results:**

- 1) Improved trunk ROM with no reproduction of pain.
- 2) Pelvic Symmetry.
- 3) Sacrum demonstrates proper alignment with no rotary component.
- 4) Triad of compression decompressed.
- 5) Improved mobility of dural tube.
- 6) Patient able to sit without reproduction of pain after 16 visits.
- 7) Able to run without pain after 12 visits.

#### **Subjective Results:**

- 1) Relief of right leg pain, sacral pain and right groin pain.
- 2) Relief of "tightness" and "pressure" in sacrum.

**Average Length of Sessions:** 1 hour

**Number of Sessions:** 16 visits