

## Sciatica with Parasthesia and CranioSacral Therapy

**By: David Cook**

**Female patient. Age 64**

**Presenting Symptoms:** This lady presented to me as a result of a fall and required my osteopathic skills for right sided Sciatica with parasthesia. This was L5 apophysitis which resolved with mobilization of L5. It also transpired that she suffered from ME, spent up to 12 hours a day in bed since a RTA in her 20s. She commented that her memory had deteriorated markedly in the last three years which concerned her as she held down a part-time position as a school teacher. She suffers from Hashimoto's disease which is controlled through Thyroxin. Operations are a tonsillectomy 7 y.o., appendectomy 16 y.o. and cholecystectomy 3 y.o. No other significant medical history.

**Previous treatment:** The ME component of the presenting symptoms has been on-going over the last 30 years and has generally been in the form of self-help through studying psychology (conventional and trans-personal), both receiving and studying counseling, meditation and trying various alternative therapies. All of these have addressed the mental elements; she has never had anything that will address the somato-emotional side. She has declined any anti-depressive medication or other CNS modifiers.

**Evaluation and treatment:** Having attended to the structural osteopathic elements on presentation I started balancing the CranioSacral system and found a marked imbalance between the upper and lower body with the arcing focus over the liver, this immediately allowed this lady to get in touch with anger and tracked this straight back to her RTA. The anger was directed at herself for having had a 'one night stand' affair and on the way home lost control of the car, took evasive action to avoid a head-on collision and ran off the road into a wall and lost consciousness. There was also anger at the Police who had ignored her and were busy interviewing the other driver even though she could not get out of her car and was aware of the smell of petrol. All this emotional release happened over the course of about 15 minutes. I suggested that she might like to continue with the work but as she lived 4 hours drive away treatment has not been as regular as might have been desirable. Over the last two and a half years we have had 22 sessions; she is now able to stay up for about 15 hours with a short 'nap' in the afternoon but has had most trouble with a cough that appeared about one year ago which is her way of letting things out, getting them off her chest and which is particularly relevant to the residues of guilt and anger. It has all become focused since freeing the supra- and retro- hyoid structures and the uvula (intubation as a baby). We have had to do a lot of work on self-esteem, her feelings of worthlessness and the parental non-supportive and judgmental environment, together with many differences with brothers and sisters which she has now resolved through seeing her past life involvements and related them to the present so that the whole family dynamics have changed for the better. The key to parental proscscription occurred as a 14 year old and putting on make-up and the scolding she received. She was also raped at 18 when on holiday in Greece which has had important repercussions in relationship to her RTA and her sexuality. It has also been necessary over the course of treatment to attend to vectors, chakras, meridians and some visceral work as a result of the cholecystectomy. The outcome of all this is a lady who can cope again even though her energy levels have not fully recovered and has shown me how the SomatoEmotional component of 'disease' is the one that sustains the problem despite the fact that, as is very significant in this case, a vast amount of personal development work has been done on a mental and intellectual level.