

# Upledger Institute Case Study

## CranioSacral Therapy – Debilitating Pain in Neck and Shoulder

### By Amanda Del Castillo LMT, CPT, CST-D

**Personal Information:** 83-year-old female

#### **History**

**Presenting Symptoms:** Client complaint of debilitating pain in her neck and right shoulder and wanted immediate treatment for relief. Stated she could not sleep or move without pain.

**Pertinent Medical History:** This is a client that I have not seen in a therapeutic situation until this point. She seemed to be in good overall health and just wanted relief from her pain.

**Evaluation and Treatment:** Client presented thoracic shear and an energy cyst in her right shoulder and another in her mandible. While treating the energy cysts she had an SomaticEmotional Release remembering a fall she had in 2015 where she hit her head and right shoulder. She realized that the pain she was feeling was directly related to the fall and embarrassment of having her peers see her fall. After release of the energy cyst and a SomatoEmotional Release I found tightness in the scalenes, hyoid and suprahyoids especially on the right side. I worked with the structural tightness with manual massage trigger point therapy. Then after treating the Avenue of Expression, she expressed how much pain and aggravation she had gone through while receiving dental work for the last 6 months. Receiving the dental work was traumatic, expensive and time consuming. She expressed how long she had to sit in the dental chair and how many times she had to receive anesthesia. Her tissues released while she was expressing her experience and I held space. Finished the treatment with integration dural tube rock and glide, still point.

**Subjective Results:** Client expressed the pain in her neck and shoulder was gone and felt much “lighter and more relaxed” after the session. She was also very happy to not have to take pain medicine.

**Analysis:** For me, the best thing from treating this lady was her willingness to connect with her body and inner wisdom. She expressed was able to “accomplish my goal” of not being in pain.

**Session:** One 1-hour session