

Upledger Institute Case Study

CranioSacral Therapy – Parkinson’s Disease

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Personal Information: 84-year-old male

History:

Presenting Symptoms: Muscle tremors, slowness of movement, trouble with balance, sleeping too much, vision problems, dizziness, right knee pain.

Pertinent Medical History: Diagnosed with Parkinson’s in 2001

Evaluation: As he walked in my office it was apparent that he had Parkinson’s with the uncontrollable tremors and he was limping protecting his right knee. His left leg was interiorly rotated. While treating I noticed the lack of CranioSacral fluid flow through the whole system which felt like the system was dehydrated. Compression of the L-5/S-1, OCB and the SBJ noted with facilitated segments at T-1/T-2, T-12/L-1. Mobility in the cranial bones restricted and body-wide multiple energy cysts. He had trouble speaking and he did not make eye contact. He was able to take his shoes off and lay comfortably supine on the table with only a bolster under his knees.

Treatment and Objective Results: CranioSacral therapy with intent to decompress and hydrate the whole system. Left sidebend of the sphenoid basilar joint noted and encouragement to return to more normal homeostasis. Focused on vascular inflow and venous outflow in the brain. Mobilized cranial bones and worked with body-wide energy cysts. Encouraged the Basal Ganglia neurons to cerebellum neuron connection. Energy cyst noted in the area of the Substantia Nigra and treated with direction of energy. Treated an energy cyst at the pituitary with focus on opening the cerebral aqueduct. Tracked the CNII from the striate area, optic lower and upper visual field, lateral geniculate body, Meyer’s loop, optic tract, optic chiasm, to optic nerve and how perceived in the lateral ventricles. Encouraged cerebral spinal fluid flow through the 3rd ventricle asking the cilia to help move fluid. Direction of energy to right knee. Mouthwork and avenue of expression done mostly from the outside tissues with direction of energy but had to release impacted zygomas from inside the mouth.

Subjective Results: Client fell asleep immediately during all sessions performed. The results of the treatments were reported to be; knee pain was gone, double vision improved, tremors declined, balance improved, he was sleeping less (and his wife was happy about that), he also reported that he felt more “relaxed in his body” and “able to coordinate his movements better.

Analysis: The most dramatic improvement I witnessed was the person that walked into the room each session looked and moved so different from the person that walked out. There was a noticeable difference in his control of movement and his tremors. He looked me in the eye and for the first time in a very long time “felt relaxed” He is leaving to go north for summer in high he has found a CranioSacral therapist to work with him at home. He will continue to be treated at least once a month.

Sessions: 3 sessions 1 hour each