

# **Barral Institute Case Study**

## **Visceral/Neural Manipulation - Mid-back & Neck Pain**

### **Barbara LeVan, P.T.**

#### **Patient Age / Gender**

Kate D., age 16. Last date of treatment 12-15-08

#### **Patient Symptoms**

Self-referred for mid-back and neck pain, headaches of gradual onset 2-3 weeks following MVA Sept 08 when she lost control of her car as she was driving around a corner and ran her right front bumper into a ditch flipping the car onto its side. Functional restrictions: must change positions frequently due to pain. C-T junction pain radiates to shoulders bilaterally. Unable to run for exercise as done usually. PMHx: orthodontics age 13-15, Concussion age 14 with loss of consciousness for less than 1 min., closed head injury at age 2 when hit in forehead by swing.

#### **Evaluation / Treatment**

Significant postural asymmetry in shoulder heights (R lower by 1"), head slightly SB to R. Left shoulder positioned forward, marked Forward head posture. Trunk AROM: Normal and painfree in flexion and Right Rotation, restricted in extension to 1/2 normal ROM in Thoracic spine and she deviates to left. Side bending normal to Left, 75% to right with increase pain lower parathoracic area. Left Rot is 2/3 normal with c/o Left SI pain. Neck AROM: normal and pain free in extension, flexion 75% normal and rotation R 65, Left 50' with c/o midline C-T junction pain. Left SB 30', R SB 40' with c/o mid c-spine pain. Strength - Normal throughout U.E.s without pain. Joint mobility: restricted right SB at C6/7 - T2/3, restricted R 1st rib depression, restricted A/A rotation to right 45', Left 55' Palpation: Dural restrictions right lower C spine, significant cranio-fascial restrictions on Left affecting sphenobasilar junction. Cranial restrictions in coronal suture, post falx cerebri, osseous restriction left post parietal area. General List: left post cranium. 3 visits including Initial evaluation 12-1-08 Treatment consisted of cranial techniques to address intracranial pressure, craniofascial sutural membrane restrictions, osseous restrictions L post parietal, sutural release Left temporal/parietal, Right tentorium, spinal dura manipulation, Visceral fascial release of VSON, Pharyngeal basilar fascia, Right pleural dome.

#### **Outcome**

Gain in left SB to 40' and Rotation right 70', Left Rotation 70' without pain. No headaches, no midback or C-T junction pain and able to return to running. Discontinued all meds after first visit.