

Barral Institute Case Study
Visceral Manipulation – Headaches and muscle spasm

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Visceral Manipulation Techniques Case Study 8

Therapist: Joanne Enslin de Wet, BSc Physiotherapy (Wits), BSc (Med) (Hons) Sport Science UCT, MSc Exercise Physiology Boston University USA

Patient: 43-year-old copy writer with 3 sons under the age of 11 years

Reason for coming: Daily headaches, constant pain and muscle spasm in her left upper trapezius for the past 13 years, pins and needles down her right leg and arm on occasions. Can't sleep at night due to pain. The patient has had extensive physiotherapy treatment, but now goes to a chiropractor weekly because her hips go out.

Evaluation:

Previous history includes surgery right bunion at the age of 15 years, fell on coccyx 17 years old, hit by a car on a bicycle 19 years old, MVA 23 and 25 years' old

General Listening: Right side anterior to right hip. General Listening in sitting changed.

Local Listening: Primary was right hallux. The posterior tibial artery had a reduced pulse on the right side

Treatment:

After completing treatment to the right foot, the listening attracted me to her right inguinal canal and round ligament, as well as her right kidney and left kidney (second degree ptosis). Once treated the listening took me to the right suprascapular nerve, the listening then took me to left C3,4 and left anterior scalene.

Results and Follow-up

At the follow-up appointment the patient reported to have great relief following the treatment and she was able to sleep at night and the paresthesia was no longer present down her left arm.