

# Case study report craniosacral therapy

## Abstract

2015-02-15

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### Abstract

Eight case studies consider the impact of craniosacral therapy (CST below) on patients with either osteoarthritis of the knee, chronic lumbago or migraine. How craniosacral therapy works in detail is still unclear and CST has therefore been treated like a “black box” using a physician's diagnosis as a starting point and conventional questionnaires rating pain, physical ability and emotional health factors before, during and two and six months after a treatment sequence as a measurement of impact.

Altogether, measured from before the first, to six months after the last, treatment, 28% of the rating points showed improvements in physical ability. 76% decreased level of pain and impact of pain on working and social life and 48% reported improved emotional health. For physical ability the results were divergent, while the other results were more consistent.

Evaluation of results on the individual level showed two specific trends. One trend, represented by five cases with different diagnoses, is a positive and long-term stable response to CST treatments. The other trend, represented by three cases with two diagnoses, is negative with increased health problems during the time measured.

In the group with positive results, CST improves pain level and abilities to handle work, social and emotional situations. All the clients in this group report temporary or long-term improvements in some area, the majority report improvements in all areas of questioning. The impact is first registered after 5-10 treatments.

Several correlations are interesting. Physical and emotional status correlate. Also, reported level of pain correlates with work- and social abilities. Some discrepancies, however, are difficult to analyse with the data at hand, and might relate to stochastic variation in a small sample.

Patients with a negative result from CST treatments are interesting to analyse further regarding CST efficiency and which factors influence results of treatment. Uncontrolled variables include I.e. multidimensional illness, psychiatric status and nutritional deficits.

The study contains a restricted number of cases, and several more need to be added to use the results for statistics. Still, indications can be used for future projects, and valuable insights in methodology, selection of patients and work methods have been gained.

Key words: craniosacral therapy, osteoarthritis, lumbago, migraine, holistic medicine, integrative medicine