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BCST®, Registered Massage Therapist. ----- January 20th. 2018.

I am very honoured to publish my second case study.

My intention to publish and share my study is to demonstrate to those who are suffering that Craniosacral Biodynamics can really help in improving their condition.

I am a former graphic designer so I have designed a very simple and clear visual chart using a color scheme showing the changes on the measured variables using Biodynamics.

I hope you will find my work interesting and that the case study will motivate suffering beings as well as Biodynamic practitioners.

CASE STUDY:

A 68 years old retired lawyer suffering from chronic lumbar pain since 2014, lumbar arthrosis and disc herniation.

A 2014 MRI report shows some precise diagnosis, for instance:

Lower back chronic pain. Herniated and compressed disk L4-L5, arthrosis, some lateral disc compression, discs bulging between some vertebrae and so on.

He also mentioned that after 2014, his fingers felt a bit insensitive or numbed and he had received a diagnosis of two light carpal tunnel syndromes.

He fractured his left ankle in February 2010 and had surgery. Two metal plates with eleven screws were placed in the region.

He is taking medication supervised by his family doctor.

Despite of all his other health concerns, he was very worried and stressed about having his lower-back locked for a while along with severe pain for so many years (intensity of 8 on 10) as well as the pain and tension in his left ankle (intensity of 7 on 10).

STUDY METHOD:

Variables to be measured:

According to his health questionnaire feedback, I wanted to focus on monitoring these points of interest and document the improvements in his body and sense of well-being through my color scheme.

- Lower-back tension, pain.
- Right hip tension, pain.
- Left ankle tension, pain.
- Sense of well-being.

To illustrate the client's progress please refer to the attached colour chart.

The client came for regular sessions for one year and two months.

For the case study, I have randomly chosen 10 sessions between the first and last Biodynamic session, showing great improvement in the variables measured.

STUDY RESULTS:

It is very satisfying to observe the improvements through the chart of colors vs. time evolved.

First session: March 3, 2015, last session: June 1, 2016

Visually, you can see the change of state and the improvement of the client's health when you see the intensity of the pain and tension changing from red to orange ending in light green or light blue as the sessions continued.

In the second session, a new discomfort zone came to his awareness and it was also measured. It was his right hip. The lower back–sacrum pain and tension was less noticeable and the right hip was more defined for the client as the place with pain and tension instead.

Right on the 3rd weekly session he had noticed much more sense of well being and a better range of motion of overall synovial joints and noticing much more energy, over all more agile and much more optimistic.

In addition, he could get up from the bed much easier in the morning. Moreover, the lower back tension and pain and disappeared and the discomfort was installed clearly in the right hip area instead, with intensity of 4.

According to the graphics:

After the 3rd session the intensity of the pain on the lumbar-sacrum area diminished considerably.

After the 6th session the pain intensity and tension on the right hip dropped significantly to almost nothing!

For instance, on August 13th. 2015 he stated:

No pain or discomfort in lower back or sacrum. I:0

Left ankle, intensity of pain: 2 and tension: 5 (always there...)

Flexion and extension fine. Restricted abduction and adduction

Right hip pain intensity: minimal 1 (if he pressed considerably)

Great sensation of well-being!

Starting in 2015 we moved from weekly sessions to once every two weeks and from April on we had monthly sessions. The client was showing considerable improvement. He reported more energy and felt much more positive. We both

noticed this marked improvement.

After his last session of Biodynamics, the overall improvement was significant to the point of not talking about lower-back or left ankle anymore...but acknowledging he was very optimistic and agile!

In this last session, he had no intensity at all in all the measured variables and his well-being state was very well.

CONCLUSION:

As a general conclusion, I can state without a doubt Biodynamics helped this gentleman significantly.

Over all results:

Pain and tension shifted considerably to the point not even mention the discomfort anymore.

Fear switched towards well-being sensation in himself.

I will not forget his face the first day...suffering was rooted and this look disappeared as well.

He had written to me a thank you letter to show his appreciation for my work as a Holistic Therapist.

Because of all this incredible results, I've suggested to the client to speak to his family doctor and ask for another X-ray or MRI to be done and be able to see changes and compare with the previous ones. However, I cannot go further than suggesting...

A few weeks ago, I sent a text to get his up-to-date news and he seems to be doing well.

He is supposed to call me soon to schedule another session.

He is doing some traveling to Florida often and also did some gardening this summer.