

Case Story - CST in the Role of Alleviating Symptoms Associated with PTSD

April Rex, DPT had been working through the VM and NM curriculum for years, and she became increasingly interested in CST following some recent evidence that it is effective when treating PTSD.

On January 1, 2017, her husband, a firefighter, responded to a triple fatal fire and helped to put the fire out. For the next 5 days, he performed body recovery, arson investigation, and cleanup. He had been on the job for nearly 17 years and while this was not the worst incident he experienced, it was definitely the one that broke him. He was unable to work for nearly a month, consumed by PTSD symptoms and he did not have much relief from EMDR or inpatient trauma therapy counseling.

Having recently completed CS1, April set out to "prove" this treatment works by treating her husband with the 10-step protocol. There were ROM deficits, pain, and decreased vitality. She also had him complete the PCL5 and the PCS symptom checklist.

On day one, prior to treatment, he scored a 46 on the PCL5. The threshold for identifying and treating PTSD is 30. On the PCS checklist, he scored a 38. Typically, clients can "return to sport" when their score is below a 10.

After completing three sessions, and comparing documented symptoms and recorded responses, April was amazed to report that his PCL5 score was a 17 and his PCS was down to a 12. She found him to be less angry, able to access more joy, and his sleeping patterns improved.

She plans on continuing the treatments on her husband, and offering CST to other firefighters in her area.