

Single Case: **Vertigo**

Abstract: This 40+yr woman presented at my office seeking treatment for a chronic and intermittent vertigo which she had previously sought treatment without lasting positive outcomes. Using therapeutic massage and Integrative Manual Therapy (IMT) her symptoms were significantly reduced in 4- 1/2 hour treatment sessions.

Keywords: Type I, Type II, Strain Counterstrain, Cranial Therapy.

Examination

History: This client experienced the symptoms of vertigo off and on for several months. The dizziness that she experienced presented more strongly for her when working. She had sought other treatment modalities which were not successful.

Static Posture: When asked to stand, the client presented with a head forward posture and protracted shoulders. Pelvic imbalances were also noted.

Range of Motion: With cervical assessment, anterior shear patterns were palpated. Passive movement revealed fixation at various levels including C2.

Observations/Palpation: Cranial assessment revealed type I restriction patterns of the cranial vault including the cranial base. Vascular flow both arterial and venous palpated as sluggish.

Treatment

This client received 4- 1/2 hour treatment sessions in which Therapeutic Massage, Strain Counterstrain and Cranial Therapy were used to resolve her symptoms. Massage therapy was administered to resolve muscle tension patterns and trigger points which may contribute to symptoms of vertigo. Strain Counterstrain was used to rebalance C1 and C2 vertebrae. Cranial therapy was used to reduce the tension patterns in the major blood vessels of the neck.

Outcomes

The client reported after treatment of her upper cervical spine (C1-C2) that her vertigo symptoms were no longer present. Occasionally a milder presentation of vertigo symptoms occurs. The client did make the connection that an episode of vertigo is often preceded by elevated stress. She has elected to use massage therapy as a prevention modality for her stress.

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