

Treating the Sequelae of Postoperative Meningioma and Traumatic Brain Injury: A Case of Implementation of Craniosacral Therapy in Integrative Inpatient Care.

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Abstract

BACKGROUND: Craniosacral therapy (CST) is a commonly used but under-researched therapeutic approach. This case study explores the implementation of CST in the integrative inpatient treatment of sequelae of postoperative meningioma and traumatic brain injury.

CASE: A 50-year-old woman was admitted for 2 weeks of integrative inpatient treatment following meningioma resection and traumatic brain injury. In addition to the integrative treatment approach, which included conventional as well as complementary and alternative medicine, she received five sessions of CST for refractory headaches, vertigo, and cervicobrachial syndrome during this time. At discharge, the reported intensity of her headaches on a 10-cm visual analogue scale decreased from 6-9 cm to 2-4 cm and her level of vertigo decreased from 6-10 cm to 2 cm. Her cervical mobility and muscle tension, sleep quality, and general well-being also improved. The attending physicians saw CST as having contributed greatly to this improvement alongside use of phytotherapy and hyperthermia.

CONCLUSION: Implementation of CST in integrative inpatient care could benefit patients with headache and vertigo from intracranial injuries.