

From Hobbies to Horses, Pain-Free

 Nola, age fifty-eight, first came to see me for terrible back pain due to a herniated disc. She had great difficulty walking and had been all but confined to her sofa for six months. The strong narcotic painkillers her doctor had prescribed were no longer working. Her pain was continual.

Normally, Nola led an active life, but she now felt as if her life had been taken away from her. Being confined to her living room was not easy. She was on a waiting list for surgery. She did not like the idea of having the operation but felt it was her only option at this point.

During her first treatment she commented on how relaxed the CranioSacral Therapy made her feel. She giggled a bit and said that whatever I was doing felt like it did when her grandson drove his little cars around on her tummy. Her body's fascia and other soft tissues were releasing tension and realigning themselves. After this session, Nola reported being pain-free for two to three hours.

The second treatment, one week later, was much like the first. The difference was that during the latter part of the session, it felt as if gentle traction on the dural tube was causing a vacuum or suction effect within the tube; in turn this caused it to draw in toward its own center. Nola left the session feeling no pain and hoped that it would last longer this time.

A week later, when she arrived for her third treatment, she was ecstatic. She was completely pain-free and had given up all her pain medication. She said her doctor was surprised and impressed. He found it hard to believe that she no longer needed the pills he had been prescribing for so long. She reported being somewhat shaky and weepy but thought it was due to withdrawal from the drugs she had been taking for several months.

During the third treatment, as I followed Nola's bodily cues, I was led to do only a small amount of work regarding her back.

Most of the session seemed to be focused on what felt like cleaning out old issues or old material.

When I saw Nola a week later, she informed me that her whole life was changing. She had begun to clean out every nook and cranny of her house and was getting rid of all the hobby paraphernalia she had collected over many years. This was a very large amount, since she had owned a hobby store at one time. She then told me that as a young girl she had worked with horses and hoped to get back into it, probably in a volunteer capacity.

When Nola arrived the next week, she greeted me with the words, “You will never believe what happened!” (This is a phrase you get used to hearing when you practice CST.) The surgeon had reviewed her case, and the surgery had been canceled; he said there was no need for it.

In addition, a commercial building Nola and her husband had been trying to sell for some time finally sold. The purchasers were looking for acreage to house their four horses and would need someone to help look after them. The job went to Nola.

Nola continued in her weekly treatments for another month. After that she could not come as often because her horseback riding lessons were scheduled at the same time. She still pops in occasionally for a CranioSacral Therapy tune-up. It is several months now since she first came to see me. She is still pain-free, active, happy, and riding horses.

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