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Case Study--Jimmy (Zero Balancing and CST)

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Case Study–Jimmy (Zero Balancing and CST)

Cover Page Footnote

This was originally written in the textbook by this author, Zero Balancing Expanded–the Attitude of Awaiting a Fish and has been adapted for this publication.

What is Happening with Jimmy

Case Study—Jimmy

The skeleton of an infant or child is still very malleable. Most of the joints and even part of the bones are made of cartilage. During the first year, as you are growing, the cartilage grows and is slowly replaced by bone, with the help from calcium. Removing traumatic patterns due to birth, accidents, or injuries can help restore normalcy in a child's skeleton. An example of this is seen in the x-rays—before and after—of a baby named Jimmy. Jimmy was born December 10, 1999.

In November of 2000, Jimmy's mom brought him to see me because he was 11 months old, not crawling or walking. His pediatrician considered him physically delayed. He had scoliosis (a sideways curve) and a torticollis (abnormal head or neck position). Jimmy had seen a physical therapist "lots" I was told, but there was no noticeable change. She was referred to me for Craniosacral Therapy and Zero Balancing.

At the intake, I found that his birth was normal but fast—six hours of total labor, four pushes and he was out. There was no other trauma that his mother could remember. She noticed at three months that his head was side-bent with a twist, a torticollis and he was also diagnosed with scoliosis. In the initial evaluation, I noticed that his right eye was bigger than the left, the left eyebrow inferior (lower) and more anterior (more forward) and the right jaw was more inferior (lower). There was a bulge at his left ribs.

Treatments with Jimmy

During the session, I noticed that the sphenoid was compressed on the right, there was a slight left lateral strain, and the vomer was compressed. After the first session, when placed on the floor so his mother could pay me, he crawled for the first time. The combination of ZB and Craniosacral Therapy (CST) worked quickly and efficiently, allowing Jimmy to crawl so soon. When I saw him again a week later, he was crawling (scooting) with the left leg on the knee and the right leg on the foot. I worked with the sacrum and the ribs to release more of the tension. Also, I was able to work with his cranium and his vomer while he was nursing. In order for me to be able to address Jimmy's vomer (he had teeth—things you need to be aware of as a therapist— and my finger needed to be on the midline of his maxillae), his mother suggested that she nurse him while I had my finger in his mouth. I had never done this before and was surprised how well it worked. Since then, I have done this many times to enable me to decompress the vomer.

Continued Treatments and Outcome

By the first week of January 2001, his crawling was almost normal. It took several sessions to completely release the sphenoid, vomer and the ethmoid bones. In total he had seven ZB/CST sessions, with the last regular one in February 2001. I mentioned to his mother that if he fell, the signs of torticollis may return; if so, she should bring him back.

She brought him back for two sessions at the end of April 2001 and on May 4, 2001, which resolved the several falls he recently had. The last time I saw him was in September 2001 after he fell again but basically for maintenance. X-rays taken before ZB and CST on July 10, 2000, clearly show the scoliosis (Figure 1). Follow-up X-rays, taken May 8, 2001, after ZB, show resolution of the problem (Figure 2). There had been no other therapy during that time.

Clearly the combination of Zero Balancing and CranioSacral Therapy worked quickly and efficiently to clear up the torticollis and scoliosis.

I accidentally ran into his mother a month ago (2021) and she told me that Jimmy was a senior at college and doing very well. This case study shows the value of early intervention of CST/ZB sessions.

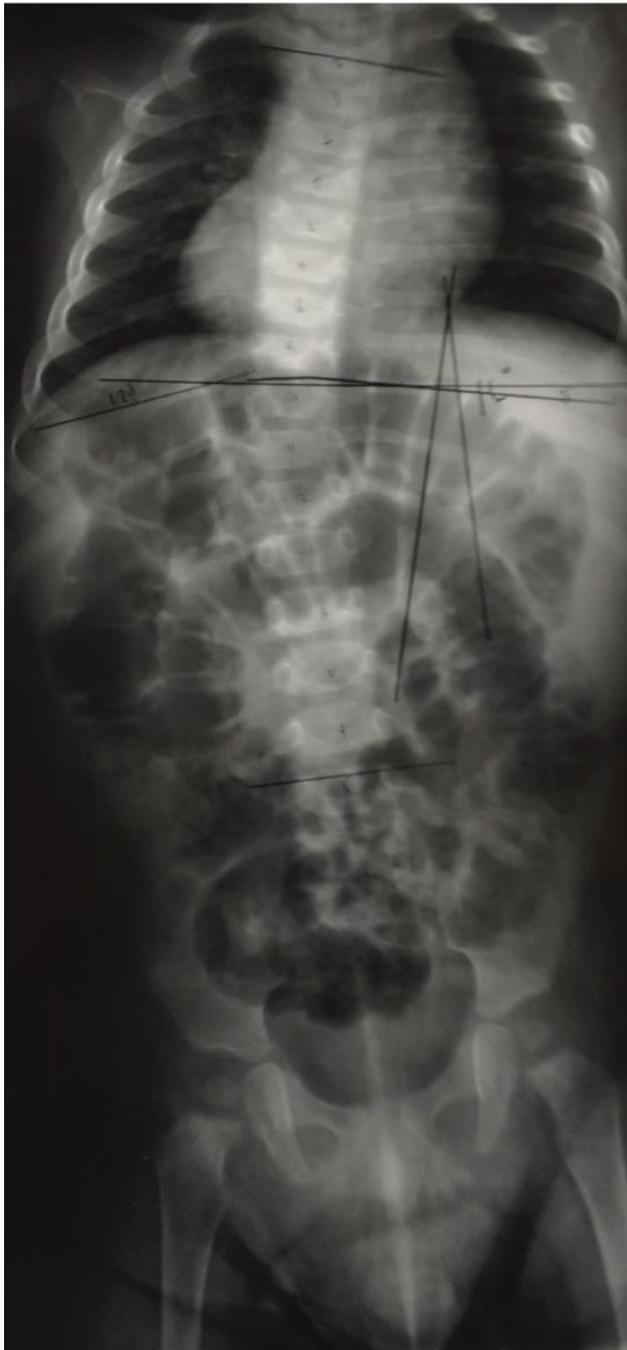


Figure 1: Scoliosis in Infant: X-rays Before ZB and CST, Taken July 10, 2000

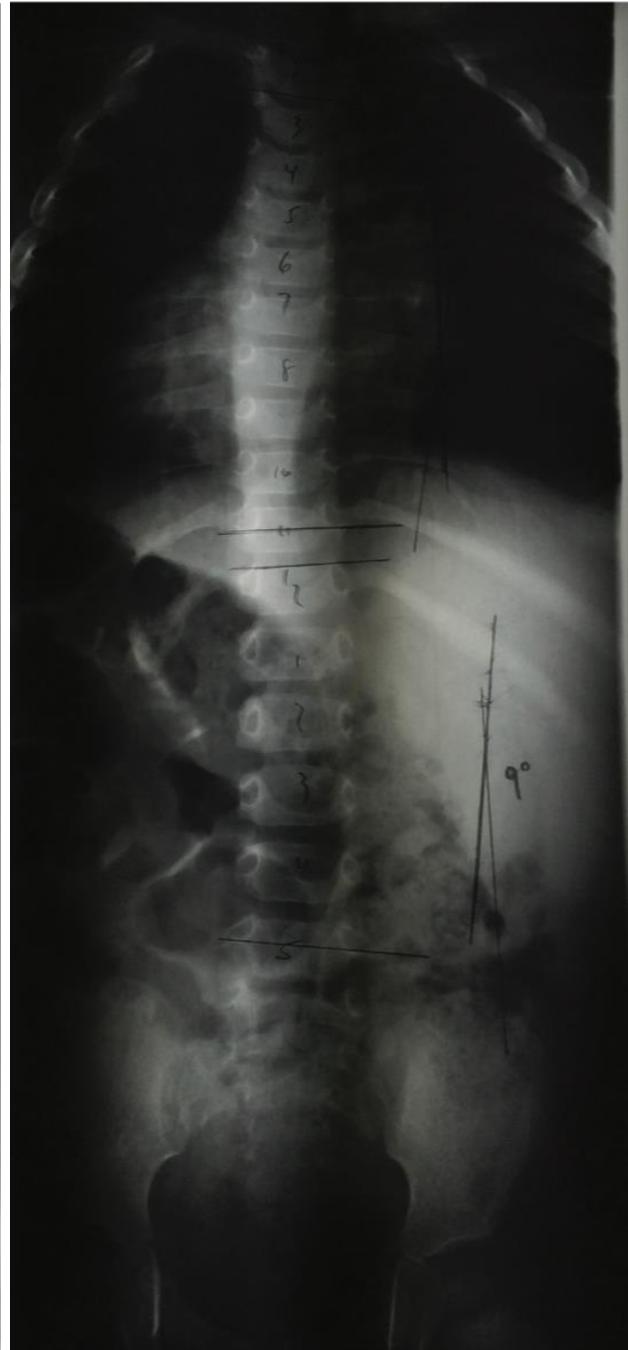


Figure 2: Scoliosis in Infant: X-rays After ZB and CST, Taken May 8, 2001