



Using Neuroskeletal Re-alignment Therapy for Migraine Sufferers **– A Case Study**

**By Pippa-Jane Thomas, edited by
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Neuroskeletal Re-alignment Therapy is a non-manipulative technique designed to treat the body very gently through the central nervous system in order for it to achieve re-

alignment and balance. Only the middle fingers are lightly placed on specific points mapped out on the body so it cannot make anyone worse or cause any damage. It is a pain free and relaxing therapy suitable for a wide range of acute and chronic muscular-skeletal or neurological conditions. This therapy has been used in the UK since 1997 when Carole Preen brought it back from Australia and developed it further, linking it with meridian therapy and the effects of the human energy field.

Extensive work has been used on thousands of clients over the years, many of which have already been published in case studies and can be read on the Neuroskeletal Re-alignment Therapy Association website at www.neuroskeletal.co.uk. This case study, like all the others published so far are anecdotal, but once again prove the effectiveness of this amazing therapy. The therapist was Pippa-Jane Thomas who has a practice in Northampton and she was taught by and now teaches with Carole Preen in London at Morley College in Westminster Bridge Road. The course runs over eight week-ends and full details can be found on the NSRT website as can a list of practitioners and the areas they work from.

PRESENTING PROBLEMS:

This female client presented with chronic headaches and migraines, which she had suffered with for about thirty years she had experienced a whiplash injury in 2007 from a left side on collision, and unfortunately another one in 2008; this one being a right side shunt. She suffered headaches on a regular basis, almost permanently suffering from pain. The client also showed that her neck had poor overall mobility and it was constantly very stiff and sore with shortening of the sternocleidomastoid, scalenes and the trapezius muscles on the left side. As a result she held a lot of tension in her shoulders that in turn lead to stress and muscle spasm in her back. This affected the trapezius, the levator scapulae, the rhomboid minor and major spreading into the supraspinatus, the infraspinatus and the teres major where there was also further referred pain down the back into the latissimus dorsi and the erector spinae. She also suffered sciatic symptoms, which is thought to be compensatory effects, with pain the quadratus lumborum being affected leading muscle spasm in the right buttock area, radiating down her right leg. We hoped through NSRT treatments to relieve the tension in the neck by re-aligning it and thus reducing the frequency of the headaches. Also for the pelvic region we wanted to help ease the sciatic symptoms and allow for a decent night's sleep. It was agreed that we would book in six treatments following the initial consultation, where a full postural analysis was undertaken as well as a full

medical history. The treatment was explained to the client, that it is extremely relaxing and that she might feel sensations in her body whilst it was being carried out. We also always advise after the session that the client goes home and rests and has a hot bath before bed to help the muscles relax and to get a really good night's sleep; most clients report sleeping really deeply on the night of their treatments.

TREATMENT ONE:

She was a bit stressed before the first treatment as she had been rushing around and she did have a bit of headache before I started to treat her, or as she said it “felt fuzzy”! During the first treatment the client reported feeling sensations of tingling in her left arm radiating in to the hand and this continued after the treatment for twenty four hours. Also her eyes started to stream after the treatment, but that only lasted a few minutes. The client did feel very relaxed both during and after the treatment, which is important to allow the therapy to have its fullest effect. She also found that the fuzzy feeling she had before the treatment had now gone and her head felt easier as she put it. She felt really well for the next few days after and stayed relaxed; she also had a few body “judders” a few days after treatment experienced in the neck on the left side and in the left shoulder.

TREATMENT TWO:

During the follow up consultation preceding the second treatment the client reported that she had experienced some more body judders again on the left side of her neck and left shoulder. It was explained that any sensation such as this is a good indication that the therapy is having a positive effect. She had slept very well and felt very relaxed after her initial treatment. Her neck didn't feel as stiff and she felt quite



comfortable after doing some gardening (which normally she would not be able to do without periodic breaks). She also reported that she had not had as many headaches and the ones she had experienced were not as severe and also not lasting as long as they used to.

TREATMENT THREE:

By the third session, the client stated that her neck was feeling fabulous! This was so exciting after only two treatments so she knew it was really working for her. She said that it felt free and that she could rotate her neck without any discomfort. More importantly, she had experienced no headaches since the last appointment. Her lumbar back pain had also eased off, she had also noticed that with the treatment and the exercises for the sciatic symptoms that her sciatica had also eased off and she was sleeping very well. Generally she was feeling much more relaxed. Since the last treatment she had just broken her little toe after dropping a box on it, so this was treated with additional joint points that stopped the toe from throbbing. Once the treatment was over she stated that she was already looking forward to the next one!

TREATMENT FOUR:

Again she felt very deeply relaxed after the treatment and very peaceful. She had still experienced no further headaches. Her neck still felt free and had good mobility. She stated that she is free from back pain and has better movement in the lumbar region. She reported that the symptoms of sciatica had also abated. She just keeps saying my neck feels so free!!!

TREATMENT FIVE:

Before treatment five of NSRT the client had received a deep tissue massage with the use of trigger point therapy by Pippa-Jane. This is also taught on the NSRT diploma course. At the consultation she said she was very, very relaxed and her lower back felt really good as did her shoulders. Although her neck still felt good, she did have a headache earlier that day but it has gone at the time of the treatment.

TREATMENT SIX:

At the consultation she reported feeling relaxed after the treatment, really calm and her body felt like a dead weight. She felt her right shoulder shifting around, like it rotated in a complete circle. She also said her neck was the best it had been for years and the mobility she has gained was wonderful, both in her neck and shoulders. She is so pleased because her headaches had eased off quite dramatically, and as a result was able to take fewer painkillers.

The client has written a testimonial on her treatment and has agreed to allow Pippa-Jane to publish it along with this article: The client to this day is still pain free and if on the rare occasion she does have a headache she will only take one pain killer and the headache eases off, she is so happy to have her quality of life back.

OVERVIEW FEEDBACK FROM THERAPY TREATMENT.

Dawne Thomas- Headache, neck & back pain sufferer.

N.S.R.T.

A little doubtful after first treatment because although I felt very relaxed I did not appear to feel any other benefits. After the 2nd & 3rd treatments I began to notice:

- Reduced pain neck area.
- Reduced headaches.
- Reduced back pain.

Further treatments have resulted in continuous pain relief from my neck leading to less muscle tension, cricking of the neck muscles & headaches, this in turn has reduced my intake of pain- killers. I also have pain relief from my lower back area, which has reduced the overall feeling of muscle stiffness I get from driving long distances.

Generally I feel 100% better for having this course of treatment and look forward to continued relief.

YAHOO.
NO MORE SEVERE HEADACHES, NECK OR BACK
PAIN.

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