

**REAL-LIFE HEALING**

# Cranial osteopathy

**The debilitating effects of tinnitus made life miserable for Troo Heath-Crew, 47. Keen to avoid the side effects of conventional treatment, she turned to osteopathy for a more gentle approach to the problem**



Troo struggled with tinnitus

**When did you first notice your symptoms?**

I was 45 when I first experienced a persistent, low-pitched but loud hum in my right ear. It began on a flight to Sicily in June 2010, and didn't stop. A week after getting home, I started having intense dizzy spells and headaches, so I went to see my GP, who diagnosed tinnitus - the medical name for the perception of noise in the ears or the head. He referred me to a consultant. The dizzy spells were brief but debilitating. I felt as though I could fall over at any given moment. When I lay down, I suffered the sensation of spinning so violently that I'd almost be sick.

**How did the symptoms affect your life?**

The noise and dizzy spells made it impossible for me to drive. It was also hazardous in my job as a furniture designer and maker because I couldn't fully hear woodworking machines or power and precision tools. By the end of July I had to stop working. As I was self-employed, unemployment brought with it a whole set of additional anxieties.

**What conventional treatment were you offered?**

I was referred for a brain scan and hearing test and placed on a waiting list for an

appointment with an ear, nose and throat (ENT) specialist. As an interim measure, I was prescribed medication to help with the symptoms. I soon discovered it was also an anti-psychotic drug, so I decided to steer clear and look for an alternative treatment.

**Why did you turn to cranial osteopathy?**

While waiting for the results of my tests and for my ENT appointment, a friend told me about cranial osteopathy and recommended practitioner Camilla Murphy. My first cranial session was in August 2010. Camilla put her hands at the base of my skull and applied light pressure. She also put the same kind of pressure on my neck and back. After less than 10 minutes, the horrible pressure in my ears and low-pitched drone had subsided considerably. By the end of the first session, when I had to sit and then stand up, the dizziness had significantly reduced.

**Did conventional treatment help at all?**

Shortly after my first cranial session, I had my ENT appointment. This entailed having a brain scan, a hearing test and a consultation, in which I had to perform a number of tests, such as standing on one leg without falling over. Although I passed all these tests, the ENT consultant diagnosed me with benign paroxysmal positional vertigo, a condition where crystals form in the inner ear and cause disturbances in hearing and balance.

He explained this is often associated with tinnitus. The consultant said he would carry out a manoeuvre on me that had a good chance of displacing the crystals. It involved standing on the examination couch and falling backwards into his arms. He then caught me by my neck and twisted it abruptly to the left and right. I felt worse than ever and was upset that the great work of my first cranial session with Camilla had been undone.

**What happened next?**

I immediately resumed my sessions with Camilla. I had appointments fortnightly and must confess I felt a little worse after the second session but thereafter had increasing amounts of relief. By the end of the eighth session in November, both the tinnitus and dizziness had gone. The results were astounding.

**Have the changes been permanent?**

I was able to return to work at the end of November that year and felt on top of the world. Tinnitus no longer causes me any problems. I really feel the treatment gave me my life back.



Cranial osteopathy helps to release tensions in the head and body

## WHAT IS IT?

Cranial osteopathy encourages the release of tensions throughout the body, including the head. Cranial osteopaths are trained to feel a subtle, rhythmical change, which is present in body tissues. This is called involuntary motion or cranial rhythm. Tension in the body disrupts the cranial rhythm. Practitioners will compare a client's rhythm with what they consider ideal. This shows them what strains the body is under. It's a gentle yet effective approach that may be used in a wide range of conditions for people of all ages.

**WANT TO FIND OUT MORE?**

Troo was treated by cranial osteopath Camilla Murphy at Posture Dynamics in London. For more information, call 020-7828 6888 or visit [www.posturedynamics.co.uk](http://www.posturedynamics.co.uk)

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