

She Only Noticed the Brain Fog When It Lifted

A 48-year-old competitive cyclist's recovery from repeated concussion and head impacts through Upledger CranioSacral Therapy

She was 48, fit, and very busy — a competitive mountain bike racer with a demanding job. One autumn afternoon she came off her bike, landed hard on the pavement and twisted her head. She booked a CranioSacral Therapy session two weeks later. Over the weeks that followed, between appointments, she fell off a stool into a set of shelves, banging the left side of her head; had a block of wood dropped from above and land on the top of her head; and fell off her bike again, this time hard enough for an MRI to be ordered — which came back clear, which is not unusual after a concussion.

By the time she arrived for her third session, she had sustained multiple head impacts across three months. She described her head as feeling *"full — like there isn't enough room."* She wasn't sleeping. Her memory was unreliable. She was dizzy. She had also, quietly, stopped feeling confident behind the wheel of her car — something she hadn't mentioned to anyone, perhaps because it seemed minor alongside everything else.

"I didn't realise how bad the brain fog had been until it was gone."

Her therapist — an Upledger Techniques Certified practitioner with extra training on applying CST to concussion injuries — didn't begin at her head. He started at her sacrum, then her pelvis, her right shoulder, her lower back. Only once the rest of the body had been assessed and released did the cranial work begin. After the concussion that occurred inbetween sessions, he moved entirely to gentle, indirect techniques — no compression, no direct cranial work. He followed her body's lead, session by session, allowing the treatment to evolve as her presentation changed.

SYMPTOMS — BEFORE & AFTER TREATMENT

At first session, October 2024 (2 weeks post-accident) vs After 4 sessions, March 2025

AT FIRST SESSION — OCTOBER 2024

- ✗ Persistent dizziness
- ✗ Memory problems
- ✗ Sleep disturbance
- ✗ Constant sense of pressure & lack of space in head
- ✗ Loss of confidence driving
- ✗ Tension through neck, jaw and shoulders

AFTER 4 SESSIONS — MARCH 2025

- ✓ Dizziness resolved
- ✓ Cognitive symptoms cleared
- ✓ Sleep significantly improved
- ✓ Sense of space and ease returned to head
- ✓ Driving confidence restored
- ✓ More aware of and comfortable in her body

Four sessions in total, between October 2024 and March 2025. The first noticeable shift — a reduction in the sense of pressure in her head — was reported at the end of session three, the session that followed a further concussion sustained between appointments. By the fourth session she was reporting significant improvement across all symptoms. Full resolution took until around September 2025, approximately nine months from the initial accident. She returned in April 2026 for an unrelated knee injury. What was noted in that session was interesting.

STILL RELEASING — A YEAR AFTER THE FINAL SESSION

At a follow-up in April 2026 — thirteen months after her final treatment — her therapist placed his hands at her head and noted what he described as a "crunching sound" through his fingers, followed by a strong release along the right side. She felt the right side of her head "move and drop." Days later she messaged to say she had noticed a new sense of spaciousness around her right temporal area. Her concussion had clinically resolved months earlier — but her body still had more adjustments to make. This is something CranioSacral Therapists observe regularly: recovery is not a single event. It continues at the body's own pace, long after the acute phase has passed.