

# Seizure Protocol

## 4 Year Case Report

Elliott was born July 2009 by emergency C-section. Low birth weight and muscle tone, possibly from interference of an intra-uterine growth. Seizures began at 11 months. He was put on meds at 12 months and has been on continuously. Parents asked neurologist recently if there was any alternative to the drugs. He said no, Elliott would be on meds all his life.

He used to have a few seizures a week, and always with a fever. They last 30 minutes on average, but can last as long as 90 minutes. A new drug has reduced the number, but he has breakthrough seizures as he outgrows his dosages. Currently he has about two bad ones a year. Heavier drugs are necessary in all but a handful of times; he rarely comes out of them on his own. "We are in and out of the hospital a lot."

Throughout infancy, his neck would torque to one side from weakness. He is averse to anyone touching his neck; he'll squirm mightily to get away from approaching hands or a washcloth.

Now age 4 and a half, he speaks in simple sentences, such as "I want juice", and is not potty-trained. Parents say, "However, he is fixated with the potty, wanting to flush every toilet he sees, repeatedly. It's a constant struggle."

### Session 1 -- 06 Dec 13.

Observations: Elliott walks on his toes with stiff legs and jerky steps, arms splayed to sides. Head cocks to one side or another as he looks out the sides of his eyes. Serious, no smile. Parents prompt him to say, "Hello Alexia", but he frowns. I say, "Oh that's ok, I'm just happy you're here."

I direct his attention to the teddy bears I keep for children, with my usual tale: "The bears are so happy whenever kids come in because then they get to receive Bowen.

Could you choose one to receive it with you? Oh, that's Mr. Bear, he's delighted! In fact, he would really like to have his moves first. Is that okay with you?"

I do LB 1-4 on Mr. Bear, then say "Ok, your turn" and without any fuss, gently do them on him. He moves freely around the room while processing, and comes back without prompting. He stays still for each set of moves, like he's listening to them, then runs around in between. After processing UB 9-16, he comes back with a scowl and says to his parents, "Go home now". His dad, hoping I will address his neck, says "How about a bit more?", but I say, "Elliott's right; he knows this is enough." Elliott's scowl eases and he studies me. He repeats softly, "Home now". I smile at him as I hug his parents.

### Session 2 -- 20 Dec 13.

Parents report that on the way home from the session, Elliott was uncharacteristically quiet, staring out the window. He had a good sleep. In the second week, a dramatic change: he potty-trained himself, switching to pull-ups from diapers. No seizures. He was happy to learn they were coming.

I am sitting on a low couch finishing the intake notes when Elliott walks up, solemn, and stands a foot from my face. I say, "Hi Fella. Look, this is all we'll do today", and do super-soft neck moves 5 and 6 on Mr. Bear (to serve as a continuation of basic balancing). Elliott looks at me silently a few moments, maintaining eye contact, then slowly leans his head forward to about 8" from my face, offering his neck. His parents are wide-eyed! I quickly do 5 and 6 as light skin moves.

He straightens up, then turns and begins moving in an exaggerated jerky fashion, kicking his legs straight out, kind of dancing, for minutes. Then gives me a tiny

smile. On leaving, he tries to say, "Bye Alexia", but it's a hard one. He leans in sideways and briefly hugs my legs.

### Session 3 -- 14 Jan 14.

(time gap due to holiday). No seizures, even though he's been sick, which "always brings them on, except not this time!" Elliot greets me saying "Alexia" with perfect clarity. Dad reports, "Another milestone: One day he said, 'I wonder where Mama is.' (Parents share custody.) That is unlike anything he's said in his life!"

Elliott stands next to me. I say, "Ready for one little move?" He stays still while I do Move 6. As they leave, he says numerous times, "Bye Alexia", and gives me a hug.

### Session 4 -- 05 Feb 14.

No seizures. Elliott arrives excited, runs around, really wants to flush the toilet. Dad lets him once, then he intones non-stop, "Potty, potty, potty" with a downturned mouth, rocking on one foot forward, one back. He is able to be distracted a bit by Mr. Bear, and after Move 5 on Bear, lets me do the move. He continues to be hyper, but says, "Bye Alexia" as they leave, hugs my legs.

### Session 5 -- 19 Feb 14.

No seizures. Developmental changes continue to accelerate: more coordination, more complex speech. As he stands next to Mr. Bear, I do the lateral move on right. He seems nonchalant about it.

### Session 6 -- 05 March 14.

No seizures. He stands next to me, calmly, as I sit. I reach toward his neck, questioning silently. He lets me do the lateral move on left while he continues to look forward. No plop, but it is a light, complete move. He lets me take a photo of him.

Missed appointment for 19 March 14 -- Elliott had a bad flu, temperature of 102 F. He had a small seizure that night, but "much milder than usual when he is so sick, and it did not last long."

### Session 7 -- 05 April 14.

Dad reports Elliott has grown up a lot the last couple of weeks, talking more, moving with more coordination. He was written up at pre-school for hitting and pushing, which he does when frustrated. He really wants to flush the toilet, but accepts distraction. He holds very still as I do Move 5, a nice soft "plop".

### Session 8 -- 28 June 14.

Parents couldn't coordinate schedules to bring Elliott, so eleven weeks have passed instead of four. Elliott had a seizure two weeks ago in the pool. It lasted less than four minutes, very short. "No fever, but he was maybe dehydrated. Doing great, talking more, more balance and flexibility. He will be five in a week. So many of his OCD behaviors have reduced. He is interacting with other kids and talking to strangers in stores." He casually lets me do move 6.

### Session 9 -- 01 Aug 14.

No seizures. He will be seeing a psychologist when he starts kindergarten soon, so they can identify special needs to accommodate. (NB: He received the diagnosis of autism.) He remains on all his meds.

Dad: "Elliott has evolved so much, physically, in speech, in listening, in modeling behavior. He sings more when I play guitar. Using terms like please and thank you at the store without prodding. Less explosive; he used to explode about anything. Three weeks ago for his birthday, he got a bike with training wheels. Last week he got stuck in the mud with it. I watched from the window as he kept working at it, obviously making an effort to control his frustration, until he got unstuck by himself."

Mom: "Another milestone. Elliott said, 'I want to see Papa'. I said, 'We will see him tomorrow.' In the morning, he said, 'I'm going to see Papa today.' That was completely new for him, to connect that 'tomorrow' is now today!" He mentions the potty three times,

but then lets it go. I do moves 5 and 6.

### Session 10 -- 07 Sept 14.

Elliott says "Hi Alexia!" with big smile. Grabs Mr. Bear and starts marching. Dad says that he has been doing beautifully riding his bike, not falling. His movements are more coordinated, and he can run without tripping over his feet. He started kindergarten two weeks ago. No seizures.

Elliott never mentions the potty nor makes any movement toward it. After I tell him how much Bear is looking forward to his Bowen, I get the moves in early, a light 5 and 6.

He puts Bear on his head and parades around laughing, being goofy. I take a photo of him sprawled on the floor. Then he rises and stands a foot in front of my face, his head straight. He looks deep into my eyes, and says softly, "Hi Alexia". I respond, "Hi Elliott", and we just keep looking at each other, maybe half a minute, with faint smiles. Dad says, "How are you feeling, Elliott?" He whispers "Good." I whisper, "I feel good, too." He doesn't want to leave.

### Phone Contact: 03 April 15.

Mom: "I'm sorry I let so much time pass, life has been crazy. BUT, just to let you know, in the whole 2014 year Elliott only had one seizure, and that was when we tried reducing his meds. But he is doing well in every way. He is strong and interactive and happy. I'm so grateful."

### 12 Dec 17.

I see Elliott for the first time in three years. He's eight years old now. He smiles and greets me. Mom: "He has been doing incredibly well. He has not had a seizure since that one in 2014. We have been able to reduce his meds. He was on 5 mg twice a day, now is at 2 mg twice a day. Soon he will be at 1 mg. He is very strong and coordinated other than fine motor skills. His development has improved so much that he is in an 'in between' classroom. He is still weird about his neck or shoulders

being touched. And he still has some OCD behaviors like opening and closing doors over and over, and other little things, but he's easy to redirect. And no toilet flushing, yay!"

I bring out Mr. Bear to say hi. He smiles and holds him by the nose. He says, "Do you like Gangnam Style?" He brings up his favorite rap video by Psy on my phone, and we rock out. I say, "Shall we do some moves for old-time's sake?" He gives a little smile and nods. I do 5 and 6 on his neck. We chat some more. We take some photos. We hug and say goodbye.

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