

Craniosacral Therapy

by Regina Ann

Craniosacral Therapy (CST) was pioneered by Osteopathic Physician John E. Upledger. During a neck surgery he was assisting with in 1970, Upledger first observed the rhythmic movement of the craniosacral system. Since none of his texts or colleagues could explain what he had observed, he began searching for answers. He began with the research of Dr. William Sutherland, the father of cranial osteopathy, beginning in the early 1900s. From 1975 to 1983 Upledger served as a clinical researcher to scientifically confirm the existence of cranial bone motion and the mechanism of the craniosacral system. His work ultimately resulted in the development of Craniosacral Therapy.

Craniosacral Therapy is a complimentary medicine that is increasingly being used as a tool for preventative treatment for optimal health due to its ability to bolster resistance to disease and its effective use for a wide range of medical conditions associated with pain and dysfunction. CST is a gentle, hands-on method of evaluating and enhancing the craniosacral system. Practitioners apply a soft touch, generally no greater than the weight of a nickel, to specific areas of the body allowing the release of tensions deep in the body.

Craniosacral Therapy has the ability to affect a diverse range of conditions due to the fact that it works directly within the craniosacral system. The craniosacral system heavily influences the membranes and fluid that surround, protect and nourish the brain, spinal cord and therefore, central nervous system.

Stress of everyday life may often cause body tissues to tighten and distort the craniosacral system. These subsequent distortions can cause tension to form around the brain and spinal cord resulting in restrictions. This cascade of effects can potentially result in the reduced performance of the central nervous system and every system it interacts with.

Through Craniosacral Therapy, the practitioner detects such restrictions and through the soft-touch technique these restrictions may be released in tissues influencing the craniosacral system. With the restrictions released, the body's system can then return to a normal state enhancing the ability to restore itself to health.

Some of the conditions known to benefit from CST include:

- Migraines and Headaches
- Chronic Neck Pain
- Chronic Back Pain
- Autism
- Stress and Tension Related Disorders
- Motor Coordination Impairments

- Infant and Childhood Disorders
- Brain and Spinal Cord Injuries
- Chronic Fatigue
- Fibromyalgia
- TMJ Syndrome
- Scoliosis
- Central Nervous System Disorders
- Learning Disabilities
- ADD/ADHD
- Post-Traumatic Stress Disorder (PTSD)
- Orthopedic Problems
- And Many Other Conditions

There are conditions where CST is contraindicated. These include aneurysm, cerebral hemorrhage or other pre-existing bleeding disorders. Be certain to talk to your medical professional if you have any condition of concern before having CST.

Since I began offering Craniosacral Therapy it has rapidly become a client favorite. Not only have I been blessed to witness amazing results for my clients but I and my family have enjoyed our own benefits from CST. My husband's neck pain and sinus condition saw improvement, migraine pain is gone, and my TMJ never felt such relief.

As with any complimentary medicine, make sure you work with the right practitioner. Seek out someone who resonates with you and you feel comfortable with. If you are not comfortable, you will not have optimal results. Be certain to tell your practitioner if you are on medication or seeing a medical professional for any reason. A good practitioner wants to know and is willing to work with your physician for your health and wellness.

Craniosacral Therapy is yet another tool offered to assist in your health and well being. Equip yourself as is best for you.

Wishing you Health & Well Being

~*~ *Regina Ann*
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