



# CRANIOSACRAL THERAPY

*CranioSacral Therapy was developed by Dr. John E. Upledger, an osteopathic physician. It is a light-touch approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole body health and performance.*

Every day the body endures physical, emotional and mental stresses and strains, but the body can only handle so much before the tissues begin to tighten and potentially affect the brain and spinal cord. This can compromise the function of the central nervous system and the performance of nearly every other system in your body.



CranioSacral Therapy releases those tensions to allow the entire body to relax and self correct. Using a gentle touch, practitioners evaluate your internal environment, then use light touch techniques to release restrictions.

A typical CranioSacral Therapy session takes place in a quiet, private setting. You are fully clothed as you relax on a comfortable padded table. Your therapist begins by gently holding parts of the head, back, feet and sacrum to monitor the rhythm of the fluid that is flowing around your central nervous system. Your practitioner can trace areas of weakness through the body to the original source of dysfunction. Delicate manual techniques are then used to release the problem areas and improve the form and function of the central nervous system. Sessions generally last about an hour.

CranioSacral Therapy improves your body's ability to take better care of you by helping to relieve pain, illness and dysfunction such as:

- Migraines & Headaches
- Chronic Neck & Back Pain
- Stress & Tension Related Disorders
- Motor-Coordination Impairments
- Infant & Childhood Disorders
- Brain & Spinal Cord Injuries
- Chronic Fatigue / Fibromyalgia
- TMJ Syndrome
- Scoliosis
- Central Nervous System Disorders
- Learning Disabilities
- ADD/ADHD
- Post Traumatic Stress Disorder
- Orthopedic Problems
- And Many Other Conditions

Because CranioSacral Therapy is so gentle, it is safe for all ages from newborns to elders.

CranioSacral Therapy is also an important part of our Neurosensory Program.

