



CranioSacral Therapy

CranioSacral Therapy (CST) is a gentle, hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance.

CranioSacral Therapy (CST) was pioneered and developed by osteopathic physician [John E. Upledger](#) following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system – comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Cranial sacral therapy (also known as craniosacral therapy) is a gentle, noninvasive form of bodywork that addresses the bones of the head, spinal column and sacrum. The goal is to release compression in those areas which alleviates stress and pain.

Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Colic
- Autism
- Central Nervous System Disorders
- Orthopedic Problems
- Concussions and Traumatic Brain Injuries
- Alzheimer's Disease and Dementia
- Spinal Cord Injuries
- Scoliosis
- Infantile Disorders
- Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties
- Stress and Tension-Related Problems
- Fibromyalgia and other Connective-Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction

What does the craniosacral system consist of?

The **craniosacral system** consists of the membranes and fluid that surround and protect the brain and spinal cord, as well as the attached bones. These membranes extend from the bones of the skull, face and mouth (which make up the cranium) and down the spine to the sacrum or tailbone area.

What does cranial sacral therapy feel like?

Craniosacral therapy (CST), or **cranial-sacral** therapy, is a form of bodywork or alternative therapy focused primarily on the concept of “primary respiration” and regulating the flow of cerebrospinal fluid by using therapeutic touch to manipulate the synarthrodial joints of the cranium.

Who Performs Cranio Sacral Sessions?

A Licensed or Registered Healthcare Individual who has training in Cranio Sacral work. I received my training from [Upledger Institute](#) (who is the founder of this type of therapy). Ultimately; the choice is yours when selecting a provider that feels right for you; further seek out their references and certifications.

Here are some great articles written by Dr. John Upledger [Click Here](#)

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