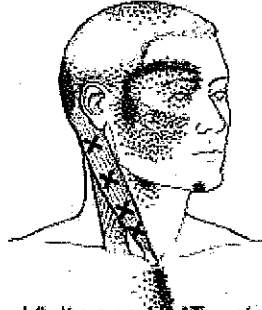


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Ms. DeLany has spent two decades developing neuromuscular therapy techniques and NMT course curricula for manual practitioners as well as massage schools. She directs NMT Center as well as instructs NMT seminars internationally.

As co-author of three textbooks and associate editor for Journal of Bodywork and Movement Therapies (a peer-reviewed Elsevier journal), her professional focus aims to advance education in all health care professions to include myofascial therapies in the treatment of patients with acute and chronic pain. Her dynamic and clear presentation, and her use of dazzling technology and comprehensive anatomy software, makes learning a difficult subject easy and fun.



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**How CranioSacral Therapy Complements the Practice of Massage**

CranioSacral Therapy is a gentle, whole-body approach that releases restrictions in the tissues around the brain and spinal cord to enhance central nervous system performance. "It's a beautiful complement to therapeutic massage," Dr. Upledger says. "Most massage therapists already have the qualifications: proprioceptive sensitivity, a willingness to work hands-on with a client for up to an hour, and a strong sense of the artistic qualities of body function."

Today, tens of thousands of massage therapists boost their practices with CST. "It's easy on the hands, so it can actually extend your career," says Roy Desjarlais, LMT., CST-D, Vice President of The Upledger Institute. "It also helps refine your palpation skills so you can address soft tissues intra- and extradurally. And you can apply it alone or just as well before, during or after a massage."

Another complementary factor between CranioSacral Therapy and massage lies in their holistic philosophies. Like those of massage, the positive effects of CST rely on each individual's self-corrective mechanisms. "CranioSacral Therapists search for obstacles that compromise the body's self-corrective processes," Dr. Upledger says. "The practitioner then helps modify the physical circumstances so the body can do its work better."

In this way CST helps numerous conditions, including migraines, neck and back pain, fibromyalgia, chronic fatigue, motor-coordination impairments, central nervous system disorders, TMJ syndrome, stress- and tension-related problems, brain and spinal cord injuries, and orthopedic problems.

*In Touch - FSMTA Tampa Bay Feb/Mar 2006  
#200602A*