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New therapies promote healing for chronic conditions

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By Lorna Kerbel, PT, CST, LLCC

Our bodies contain many fluids that are vital to our health. We are all familiar with the importance of good blood flow but how many know about the flow of cerebral spinal fluid and lymph flow, which are also vital to good health. CranioSacral Therapy and Lymph Drainage Therapy are relatively new therapies that promote the flow of these fluids.

CranioSacral Therapy is a gentle therapy developed by osteopath, Dr. John Upledger. He founded the Upledger Institute in 1986 in West Palm Beach, Florida and began training health care workers in these techniques. He has written seven books and continues to develop new courses to promote healing in the body. He developed techniques to improve the flow of cerebral spinal fluid around the brain and down the spinal canal. The effect is a decrease in pain and improved nerve function. The flow of cerebral spinal fluid is felt as a rhythm throughout the body. Areas of restriction are felt as a decrease in the CranioSacral rhythm. Once restriction has been removed there is a restoration in the rhythm. These techniques are very beneficial in treating the following conditions: headaches and migraines, chronic neck and back pain, TMJ pain, trau-

matic brain injury, learning disabilities and autism, reflux, auto-immune disorders and many other conditions.

A new form of Lymph Drainage Therapy was developed by French physician, Dr. Bruno Chikly, who has taught the techniques internationally. Lymph Drainage therapy is a light touch procedure used to detect the rhythm, direction, depth and quality of the lymph flow anywhere in the body. The therapist uses subtle manual maneuvers to aid in the restoration of the lymphatic flow. This technique rids the body of areas of stagnation. By stimulating the lymph flow there is improved function of the immune system and the parasympathetic nervous system. Conditions that may benefit from this therapy include: swelling, chronic pain, scar tissue tightness, burns and acne. Lymphedema clients also require complex decongestive physiotherapy, which combines the lymph drainage therapy with bandaging, exercises, skin care routines and patient education.

You may learn more about these therapies by going online to www.upledger.com. You can find a practitioner trained in these therapies by going online to www.iahp.com. Locally you may call Lorna Kerbel, who is certified in these techniques, at (413) 596-2339 or (413) 335-4299.

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