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Ann Romney, Multiple Sclerosis and Craniosacral Therapy

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Recently Ann Romney, the wife of the presumptive 2012 Republican nominee for president, spoke about her multiple sclerosis (MS) and the treatments she has used to combat it. Some of the therapies she has employed fall under the rubric of Complementary and Alternative Medicine (CAM). In addition to acupuncture and reflexology, craniosacral therapy has been helpful to her.

Craniosacral therapy uses massage upon the bones of the pelvis, spine and skull. Its goal is a smoother flow of cerebrospinal fluid (CSF) which bathes the brain and the spinal cord. Its advocates claim that free-flowing CSF allows for optimal function of the nervous system.

MS patients often develop lower urinary tract symptoms, such as frequency and urgency of urination. Quality of life and a sense of well-being suffer accordingly. Several recent studies have shown craniosacral therapy was effective in treating lower urinary tract symptoms. and consequently a patient's quality of life.

1. Raviv, Gil et al: Effect of Craniosacral therapy on lower urinary tract signs and symptoms in multiple sclerosis; *Complimentary Therapies in Clinical Practice*: 15(2) May 2009, 72-5.

2. Craniosacral Therapy Eases Multiple Sclerosis Symptoms;
<http://www.massagemag.com/NMews/massage-news.php?id=8111&catid=244&title=caniosacral>.

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