



The Effects of Cranio-Sacral Therapy on Brain Function Quotient of Elderly with Long-term Care Insurance Service

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☐ **Title & Authors** **The Effects of Cranio-Sacral Therapy on Brain Function Quotient of Elderly with Long-term Care Insurance Service**
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☐ **Abstract** This study was performed to identify the effects of the improvement of brain function by CST on the elderly with the 2nd or 3rd grade of long-term care insurance service. A quasi-experimental design using a nonequivalent control group, pre-post test was used. A total of 12 elders (6 in the experimental group and 6 in the control group) were recruited. Upledger CST (10-Step Protocol) was performed on each subject for 50 minutes per session, once a week, for a total of 8 treatments over an 8 week period from Jan to Feb 2015. The brain function quotient was measured before the 1st CST and after the last CST by portable EEG measurement device using a 2 Channel neuro-feedback system. The data was analyzed by SPSS (Ver. 18.0) program. After CST intervention, the attention quotient (AQ), level of tension, anti-stress quotient (ASQ), emotion quotient (EQ) and brain quotient (BQ) of the experimental group was significantly better than that of the control group. These results showed that the CST was effective in reducing the level of fatigue by the AQ, increasing the physical and psychological stress relief by the ASQ, emotional balance by the EQ, and improving the total brain function by the BQ. Therefore, CST can be used as an effective intervention for improving the health and brain function of the elderly in health facilities.

☐ **Keywords** Brain function quotient; Cranio-sacral therapy; Elderly; Long-term care insurance;

☐ **Language** Korean

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