

SEPTEMBER 2, 2005



Bacon's

Massage Therapist Workshop Participant

Edith Martin, BBA, LMT, NCTMB of Winchester, recently participated in the CranioSacral Therapy workshop offered by the Upledger Institute, Inc., an innovative healthcare organization that offers continuing education courses to healthcare professionals worldwide.

The course is designed by osteopathic physician John E. Upledger, who developed CranioSacral Therapy and has taught the technique internationally.

The cranosacral system consists of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. It extends from the bones of the skull, face and mouth - which make up the cranium - down to the sacrum, or tailbone area.

CranioSacral Therapy is a form of bodywork that palpates the rhythmic movement of the cranosacral system throughout the body in order to locate restrictions in mobility. These restrictions are often the origin of symptoms. Gentle touch, the weight of a nickel, is used to facilitate the body's natural self-correcting mechanism, which results in increased

mobility, function and health.

The therapy has been successfully used to treat many health concerns such as headaches, neck and back pain, TMJ, chronic fatigue, and muscle and connective tissue restrictions throughout the body.

**EDITH MARTIN**

Edith Martin, owner of Therapeutic Massage & Bodywork, uses soft tissues release techniques to manage chronic pain related to TMJ, neck, shoulder, low back and repetitive strain injuries. Please visit www.upledger.com on the web for more info. Call 931.636.0885 to schedule your appointment or any questions that you may have about CranioSacral Therapy.

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