



CranioSacral Therapy

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Every once in a while a therapeutic approach comes along that will benefit to degree almost every patient who receives it. CranioSacral Therapy seems to be such an approach.

What is CranioSacral Therapy?

CranioSacral Therapy is a carefully developed method of normalizing the function of the CranioSacral System. The therapeutic method relies upon very gently applied hands-on pressure to various parts of the body with major focus on the head and the lower end of the spine (Sacroccocygeal complex). The amount of pressure used by a therapist on the patient's head seldom exceed one ounce. Mostly, the therapist employs a light touch equal to one quarter or an ounce or less.

The therapy makes use of the patient's natural self-correcting mechanisms, which are inherent within the CranioSacral System. The therapist's gentle pressure actually assists the patient's body in making these self-corrections. This fact makes the therapeutic approach almost totally risk free to the patient.

What is the CranioSacral System?

The CranioSacral System is a rather recently recognized physiological system that is composed of the meningeal membranes, the cerebrospinal fluid enclosed with the waterproof outermost layer (Dura Mater) of these meningeal membranes, and a system of regulated input and outflow of this fluid into the enclosure formed by the Dura Mater. Thus we have a semi-closed

hydraulic system within which the fluid pressure and volume is rhythmically rising and falling throughout life.

The CranioSacral System provides a significant part of the physiological environment in which the brain and spinal cord develop and function. When the CranioSacral System becomes dysfunctional, for any reason the function of the brain and/or spinal cord are frequently, although not necessarily, compromised. Thus, any body part or system which is influenced by the brain and/or spinal cord may be affected. When the CranioSacral System function is normalized, there can be far reaching and seemingly unrelated beneficial effects almost anywhere in the human body.

Who Can Benefit From CranioSacral Therapy?

In my opinion almost any recipient of CranioSacral Therapy will benefit in terms of general health, function and sense of well-being. CranioSacral Therapy restores autonomic nervous system flexibility and adaptability. It reduces accumulated physiological stress levels. It enhances the movement of blood and other fluids through the body tissues, increasing resistance to disease invasions. Since it also improves the internal environment for the brain and spinal cord, it is very helpful for brain dysfunction, chronic pain problems, and a wide variety of headache and facial pain problems (including TMJ symptoms).

Who Can Learn to do CranioSacral Therapy?

CranioSacral Therapy requires a sensitive therapist who is willing to develop an extremely light touch. It requires at least 30 minutes (and frequently more) of quiet one-on-one time between the therapist and the patient. The CranioSacral Therapist must also have patience and be willing to allow the body to use its own self-corrective mechanism. Because of its influence on many body functions, CranioSacral Therapy is being used by various health-care professionals including osteopaths, medical doctors, doctors of chiropractic medicine, psychiatrists, psychologists, dentists, physical therapists, occupational therapists, acupuncturists, and licensed body workers.

The Upledger Institute, founded and

directed by John E. Upledger, D.O., F.A.A.O., is a clinical and educational resource center dedicated to health enhancement. As an osteopathic physician and surgeon, Dr. Upledger considers both physical and mental functions in diagnosis and treatment of pain and/or dysfunction. He is internationally known for his research involving the CranioSacral System and his subsequent development of CranioSacral Therapy. He is the author of *CranioSacral Therapy I* and *CranioSacral Therapy II, Beyond the Dura*.

For more information about CranioSacral Therapy or The Upledger Institute write: The Upledger Institute, 11211 Prosperity Farms Road, Palm Beach Gardens, Florida 33410 or call 1-800-233-5880, Ext. 90.

The Upledger Foundation, also founded and directed by Dr. Upledger has a two-week intensive therapy program for patients suffering brain and/or spinal cord dysfunction. This is not an inpatient program. It does involve multi-disciplinary treatment Monday through Friday for two consecutive weeks. This is not a program for acute patient, but rather for the plateaued patient who wishes to improve quality of life.

For information about The Upledger Foundation's Brain and Spinal Cord Dysfunction Center call (407) 624-3888.

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