



## Official Website of the Bishop's University Gaiters

Bishop's University Gaiters Sports Medicine Program Talks about CranioSacral Therapy with their Sports Medicine Program

# CranioSacral Therapy

### **CranioSacral Therapy:**

The main goal of CranioSacral therapy is to remove restrictions along the dural tube that runs from the cranial bones to the sacrum in order to enhance the flow of cerebrospinal fluid. This fluid is responsible for supplying nutrients to the nervous system tissue and for removing waste products of the cerebral metabolism. The cerebrospinal fluid flows within the dural tube via a hydraulic system which means that any adhesions or restrictions along the dural tube can affect the flow. When a disruption or an imbalance occurs it can cause chronic pain, lack of energy, sensory, motor or neurological disabilities. Using a gentle hands-on approach a professional trained in CranioSacral therapy will release restrictions along the dural tube to facilitate the flow which can lead to a more efficient nourishing of the nervous system.

CranioSacral therapy can treat:

- Chronic Fatigue
- Migraines/Headaches
- Stress and Tension-Related issues
- Concussions and Traumatic Brain Injuries
- Fibromyalgia and Other Connective-Tissue Disorders
- Chronic Neck and Back Pain
- Infantile Disorders such as Colic
- Post-Traumatic Stress Disorder
- Post-Surgical restrictions

<https://gaiters.ca/sports/2019/2/26/craniosacral-therapy.aspx>

Massage Therapy is covered under the Bishop's University faculty and staff health benefits plan.

[https://gaiters.ca/sports/2014/5/12/GEN\\_0512140030.aspx](https://gaiters.ca/sports/2014/5/12/GEN_0512140030.aspx)