

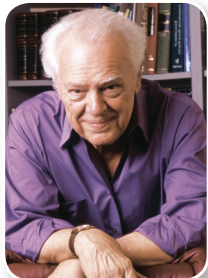
CranioSacral Therapy

for Health
and Wellness

What is CST?

CranioSacral Therapy (CST) is a light-touch, manual therapy that releases tensions and restrictions deep in the body to relieve pain and dysfunction and improve overall health.

What can I expect during a treatment session?



John E. Upledger, DO, OMM
Founder/Developer
Upledger CranioSacral
Therapy

A typical CST session lasts from 45-60 minutes, and takes place in a quiet setting. CST is performed with the client fully clothed and lying on a comfortable massage table. Using a light touch, the therapist evaluates or “listens to” the body for tension patterns and imbalances.

Effective in helping to relieve symptoms associated with:

- ADD/ADHD
- Alzheimer’s disease and dementia
- Autism Spectrum Disorders
- Cancer treatment
- Central nervous system disorders
- Chronic fatigue
- Chronic neck and back pain
- Fibromyalgia
- Infant and childhood disorders
- Learning disabilities
- Migraines and headaches
- Orthopedic problems
- Post-concussion symptoms
- Post-traumatic stress disorder
- Scoliosis
- Spinal injuries
- Stress disorders
- TMJ syndrome
- Traumatic brain injury

Who performs CST?

- Physical Therapists
- Massage Therapists
- Osteopaths
- Chiropractors
- Occupational Therapists
- Athletic Trainers
- Acupuncturists
- Other licensed body workers

What are the benefits of CST?

- ✓ Pain alleviation
- ✓ Stress and tension release
- ✓ Increased energy flow
- ✓ Helps the body to self-correct
- ✓ Overall relaxation and revitalization

What People are Saying about CST...

“I suffered from migraines for 18 years. After receiving CST sessions, they’re gone.”

“In only three sessions I can feel direct relief and I’m amazed. To rest well at night without pain is really a blessing.”

U Upledger
Institute
International



To find a CST practitioner near you, contact the International Association of Healthcare Practitioners (IAHP)

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