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Discover an Integrative Treatment Approach to Concussion and Traumatic Brain Injury November 11th – 17th, 2018

The Dr. John E. Upledger Foundation and the Ricky Williams Foundation in conjunction with the Upledger Institute Clinic in Palm Beach Gardens, FL have successfully facilitated manual therapy treatment programs for 11 former professional football players from the NFL and Canadian Football leagues suffering from concussions and post-concussion syndrome.

The treatment program utilizes CranioSacral Therapy, Visceral Manipulation, Neural Manipulation and other healing modalities aimed at helping the body heal itself.

[CranioSacral Therapy and Visceral Manipulation: A New Treatment Intervention for Concussion Recovery](#) published in Medical Acupuncture in November 2017, is a case series that describes the effects CranioSacral Therapy (CST), Visceral Manipulation (VM), and Neural Manipulation (NM) modalities have demonstrated treating patients who have post-concussion syndrome.

CranioSacral Therapy (CST)

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Using a gentle touch, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure and is effective for a wide range of medical problems associated with pain and dysfunction.

Visceral Manipulation (VM)

Viscera relates to the internal organs of the body. VM is a gentle manual therapy that assists functional and structural imbalances throughout the body and releases restrictions and unhealthy compensations that cause pain and dysfunction. It evaluates and treats the dynamics of motion and suspension in relation to organs, membranes, fascia and ligaments.

Neural Manipulation (NM)

NM releases local nerve restrictions and examines the effect these local fixations have on the rest of the body. By accessing this relationship, NM changes the more comprehensive (global) dysfunctional patterns found in the body. NM techniques enhance proper functioning of the nervous system – one of the communication highways throughout the body

Commitment to Healing

Within our seven-day therapy program, pre and post testing is completed in an effort to collect data, along with four hours of daily manual therapy for five days. Group discussions are held daily for support and camaraderie.

All clients must meet the minimum requirements listed below in order to be accepted for our therapy program and study:

- Post-concussion syndrome diagnosed by a physician
- The Player must not currently be experiencing acute signs of concussive symptoms
- Must be a retired professional football player

Program Schedule

Sunday November 11th | Time: TBD

Pre Testing

Monday November 12th – Friday November 16th | Time: 9:00 am – 4:00

The days will begin with an opening meeting with clients and therapists. Therapy will begin around 10:00 am. Clients will be done for the day by approximately 4:00 pm.

Saturday November 17th | Time: TBD

Post Testing

For travel and accommodation information, please [click here](#).

For a 2018 Client Application, please [click here](#).

At the Dr. John E. Upledger Foundation, we have seen the benefits of this integrative approach.

Several of the former professional football players are now warriors in the awareness campaign about the debilitating long term effects of Traumatic Brain Injuries and multiple concussions. We will continue to partner with them to spread the word about how manual therapies including CST, VM, and NM are critical missing pieces in existing concussion treatment protocol for people of all ages.

Program Information

- [The Dr. John E. Upledger Foundation Concussion Program](#)
- [5-minute Video about The Ricky Williams Pilot Program](#)
- [14-minute Video about Pilot Study including Interview with Participants](#)
- [Player Testimonials](#)
- [Concussion Poster](#)

Resources to an Integrative Approach and Concussions

- [Concussion and Post-concussion Syndrome](#)
- [Hope for the Treatment of Retired Athletes](#)
- [CranioSacral Therapy and the Treatment of Post-concussion Syndrome](#)
- [How CranioSacral Therapy May Contribute to Brain Health](#)
- [Pro Football Players Testify to CranioSacral Therapy's Ability to Address Concussion and CTE](#)
- [CranioSacral Therapy and Visceral Manipulation: A New Treatment Intervention for Concussion Recovery](#)

Find more articles on our [searchable article database](#).

For more information regarding participation or support for The Dr. John E. Upledger Foundation and Ricky Williams Foundation Concussion Program, please contact 561.622.4588 or visit www.upledger.org. Our therapy team extends their heartfelt gratitude as you put your trust in their hands and are honored to facilitate your healing process.

Committed to your healing,

*Erica Merante
Foundation Administrator*