

CRANIAL SACRAL THERAPY:



CST is a gentle, hands-on method of evaluating and enhancing the functioning of the neurological system. The craniosacral system is comprised of numerous membranes, the spine, sacrum, spinal cord, dural tissues, brain tissue, cranial sutures, diaphragms, and cerebral spinal fluid.

One of the theories that best support CST by research indicates that the cerebral spinal fluid that nourishes and lubricates the central nervous system is produced and reabsorbed 6-12 cycles per minute normally. This fluid production and reabsorption is termed craniosacral rhythm. The craniosacral rhythm results from variations in pressure among arterial blood, cerebrospinal fluid (CSF), and venous blood. Practitioners in this form of treatment are trained to palpate these subtle movements, as well as, being able to assess flexibility of the tissues, movement of joint structures, and function of the entire system. Any limitations to the system can affect the overall function of the neurological system and create numerous symptoms. Common symptoms when this system is restricted include: headaches, migraines, spinal pain, fatigue, TMJ syndrome, facial pain, ear pain, difficulty swallowing, and numerous central nervous system disorders.

CST is a form of body work most commonly practiced by osteopathic physicians, physical therapist, occupational therapist, massage therapist, chiropractors, and naturopaths. Utilizing gentle pressure, traction, and compression specific techniques are applied to the areas where restrictions are located along the spine, sacrum, and head regions. To learn more about CST please visit the [Upledger Institute](#) website.