

PubMed

Search

Display Settings: Abstract

[J Gerontol Nurs.](#) 2008 Mar;34(3):36-45.

Craniosacral still point technique: exploring its effects in individuals with dementia.

[Gerdner LA](#), [Hart LK](#), [Zimmerman MB](#).Center for Education in Family and Community Medicine, Department of Medicine, Stanford University, Palo Alto, California, USA. lgerdner@gmail.com

Abstract

A mixed methodology was used to explore the effects of **craniosacral** still point technique (CSPT) in 9 older adults with dementia. Participants were monitored at baseline (3 weeks), intervention (6 weeks), and postintervention (3 weeks) using the modified Cohen-Mansfield Agitation Inventory (M-CMAI). CSPT was implemented daily for 6 weeks by a certified **craniosacral** therapist. Findings indicated a statistically significant reduction in M-CMAI total and subscale scores during the intervention period. This reduction continued during postintervention for subscale scores of physical nonaggression and verbal agitation. Staff and family interviews provided convergent validity to the quantitative findings. Participants were also more cooperative during caregiving activities and displayed meaningful interactions.

PMID:18350746[PubMed - indexed for MEDLINE]

[Publication Types, MeSH Terms](#)[LinkOut - more resources](#)