



What is CranioSacral Therapy?

For nearly 30 years, osteopathic physician and researcher, John. E. Upledger, D.O., O.M.M., has been a proponent of using the rhythm of another body system -- the craniosacral system -- to enhance body functioning, and help alleviate pain and discomfort.

The craniosacral system consists of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. It extends from the bones of the skull, face and mouth, which make up the cranium, down to the sacrum, or tailbone area.

CranioSacral Therapy is a gentle method of detection and correction that encourages your own natural healing mechanisms to dissipate these negative effects of stress on your central nervous system. You also benefit from better overall health and resistance to disease.

CranioSacral Therapy strengthens your body's ability to take better care of yourself. It helps alleviate a range of illnesses, pain & dysfunction including:

- migraines & headaches;
- chronic neck & back pain;
- motor-coordination impairments;
- stress & tension related problems;
- infantile disorders;
- traumatic brain & spinal cord injuries;
- chronic fatigue;
- scoliosis;
- central nervous system disorders;
- emotional difficulties;
- temporomandibular joint syndrome (TMJ);
- learning disabilities;
- post-traumatic stress disorder;
- orthopedic problems; and
- many other conditions.