CranioSacral Therapy For Relief of Pain.

What is CranioSacral Therapy?
CranioSacral Therapy (CST) is a hands-on technique that is used to decrease pain. It is a passive, gentle technique in which the patient lies down, fully clothed, while the therapist applies light touch to release tissue restrictions. The amount of pressure is generally five (5) grams, which is about the weight of a nickel.

How Does CranioSacral Therapy Work?
One of the theories of how CST works is that your body knows how to heal itself. Your therapist will facilitate your body’s natural healing response by assessing and treating your craniosacral rhythm with gentle touch.
These Conditions Often Respond to CST:
- Migraines and Headaches
- Chronic Neck and Back Pain
- Stress and Tension-Related Problems
- Infantile Disorders
- Traumatic Brain and Spinal Cord Injury
- Chronic Fatigue
- Scoliosis
- Central Nervous System Disorders
- Emotional Difficulties
- Temporomandibular Joint Syndrome

What to Expect During a CranioSacral Session:
Sessions last about one hour and you will be in a relaxing, semi-dark room lying on a table. Your therapist will initially feel for your craniosacral rhythm (the rhythm produced in your body as your brain produces cerebral spinal fluid). Your therapist will then begin to assess and treat “diaphragms” throughout your torso by placing one hand under you and one hand on top of you. Once those are released, your therapist will work at your head, applying light touch to your skull. Treatments are usually initiated and ended with a still point, which is a relaxation technique. There are advanced techniques to CST, which your therapist may initiate, based on your tissue symptoms and needs.

What to Expect from CranioSacral Therapy:
Some people are able to recognize therapeutic responses during treatment; others are unable to recognize these responses. A therapeutic response may be a warmth, pulse, deep sigh, stomach gurgling or a simple relaxation. Your therapist will be able to identify these responses within you. Sometimes, following treatment, there is an immediate effect of pain relief and relaxation. Other times, it may take up to 72 hours for your body to fully adapt to the changes in the connective tissue that were made during the session. Sessions usually are scheduled one or two times per week.

Get the help you need.
Please speak with your physician or call us for more information.