

Cranial Sacral Therapy

By Jonathan Tripodi

Since its discovery in the mid 1920's by William G. Sutherland, D.O., Cranial Sacral Therapy has evolved into a highly affective therapy for relaxing the nervous system and restoring movement of the cranial bones along their interconnecting sutures. Skepticism from the medical profession and peers of osteopathy was directed at Sutherland for his claim that "cranial bones moved." Traditional medical wisdom believed that cranial bone motion only occurred in infants and later diminished as the cranial sutures fused. For many, this misconception is still maintained.

In the early 1970's, research was performed by Dr. John E. Upledger and his colleagues at the College of Osteopathic Medicine at Michigan State University that proved cranial bone motion does occur throughout adulthood. Photos from an electron microscope revealed blood vessels, nerves, and connective tissue extending through cranial sutures.

If cranial sutures are supposed to be fused, why are so many vital and delicate structures passing through them?

Utilizing sophisticated motion sensors, "micro motion" of cranial bones was measured along their suture lines (approximately 1/1,000th of an inch). It appeared that our skull was not fused and that cranial motion provides a vital role in maintaining a healthy environment for the central nervous system and proper mechanical function of the cranium and spine. Many conditions have been directly linked to restricted cranial motion, including anxiety, depression, TMJ, headaches, sinus conditions, visual and hearing dysfunctions and learning disabilities.

For the past 30 years, Dr. Upledger has developed and refined Cranial Sacral Therapy (CST) into a highly affective form of treatment. His approach incorporates light, sustained touch to areas of the head and spine to release tissue restrictions and restore ideal cranial motion. The overall effect of CST is deep relaxation and the release of stress and tension around the head and spine.

Experience CST For The Treatment Of:

- Headaches
- TMJ
- Sinus Conditions
- Anxiety
- Depression
- Stress

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