

Riverwalk Natural Health Clinic
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Craniosacral Therapy

Craniosacral therapy is a technique that releases tightened, constricted tissue. It is among the gentlest of the bodywork therapies. It is unlike chiropractic manipulation in that there is no jolting of the body. Craniosacral therapy also holds an adjustment longer than chiropractic manipulation. Many clients get the results they need in three sessions. Others have the treatment done weekly for several months.

History of Craniosacral Therapy

William Sutherland, an osteopath, active early in this century, developed a form of treatment called cranial osteopathy. Sutherland found that the bones of the skull move slightly in relationship to each other and that the health of the whole body is dependent on their proper movement. Diagnosis and treatment of musculoskeletal problems and internal illnesses are based on the palpation and manipulation of bones of the skull. John Upledger, an osteopathic physician discovered that the dura mater which is the outer membrane that envelops the brain and spinal cord was pulsating during neck surgery in 1970. Upledger found that the pulse is intimately related to the rest of the body. It is connected with the central nervous system (the brain and the spinal cord); the fascia, the connective tissue that binds together and supports all the muscles and organs; such as the respiratory, circulatory, and digestive systems. Upledger found that a weak or irregular craniosacral pulse often indicates problems elsewhere in the body. Because the Craniosacral system is connected to the rest of the body by its connection to fascia, restrictions can affect many other systems, most notably the nervous system, musculoskeletal system, vascular system, endocrine system, etc. Because of these relationships Craniosacral therapy is used to treat many different conditions.

Uses of Craniosacral Therapy

Craniosacral therapy is especially effective at treating: recent injuries, depression, facial pain and TMJ problems, lower back pain, hip pain, chronic neck pain, shoulder pain, head injuries, anxiety and nervousness, whiplash, seizures, chronic pain from old injuries, tension or migraine headaches, ADD, dyslexia, sinus problems and birth trauma with forceps.

What to expect during a Craniosacral session

The patient lies fully clothed on their back on a low padded table. The Craniosacral therapist begins the session by lightly palpating the patient's neck, head, sacrum and legs. The session last almost one hour, while the therapist holds each of the areas listed above and gently manipulates them. The therapist works to restore a normal healthy pulse through the manipulation of the bones of the skull, sacrum, spinal column and fascia. The therapist uses little pressure, but the effect is profound. The patient becomes physically relaxed, emotionally calm, and mentally sharp. These effects can last for weeks. The craniosacral pulse responds to a very light pressure maintained for anywhere from several seconds to several minutes. Since the treatment is very relaxing, you may feel yourself drifting off into a sound sleep. This is normal and you should allow yourself this level of relaxation.