

# BENEFITS OF CRANIOSACRAL THERAPY

Ralf Behringer

## **Normalizes Nerve and Brain Function**

Cerebrospinal fluid (CSF) brings nutrients to the entire nervous system, and its efficient circulation bathes the brain, spinal cord and nerves (sensory, motor and autonomic). Irritation of the nervous system may be caused by impeded blood supply, pressure from venous and lymph congestion, dural tension, bony impingement, traction, biochemical imbalances, disruption in CSF regulation, myo-fascial tension and negative mental states.

## **Counteracts Stress Producing Factors**

Can be a direct result of improving circulation around the pituitary, hypothalamus and pineal gland, which in turn creates homeostasis through hormone balancing. Generalized relaxation in the nervous system by techniques eases muscular tension and holding.

## **Decreases Circulatory Stasis**

Increasing brain venous drainage is possible by releasing the cranial base through which 90-95% exits through the jugular foramen. Stasis here can adversely affect 9th, 10th and 11th cranial nerves which also exit here — excitation of the Vagus nerve can result in flight/fight response, muscular tension and restriction around the heart and diaphragm.

## **Normalizes CSF Fluctuation**

Maintains freedom of circulation in the ventricles, especially the 4th where the CSF is predominantly produced.

## **Releases Membrane Tension in the Cranium and Spine**

Dural membranes are meant to be taut in order to anchor the brain and spinal cord to the hard frame of the cranial bones and vertebrae. Yet, they still must have room for their inherent motion.

## **Improves Cranial Suture Motion**

Can directly improve motion between the sutures of cranial bones; when there is restricted movement at a particular junction it may produce local symptoms but also have far reaching effects.

## **Changes to Gross Structural/Postural Patterns**

Offers a way to assess, listen and access the whole body, bringing to light chronic postural tensions or emotional patterns of holding which may have been present for a long time in order to be integrated.



Cranial Sacral Therapy is effective in treating a wide range of medical problems including:

- Chronic complaints of pain and dysfunction
- Headaches – tension, cluster, migraine, sinus
- Neck pain – whiplash and/other injuries, postural compensations
- Back pain – thoracic/lumbar, sciatica, scoliosis, spinal injuries/surgery, pelvic rotations,
- sacral imbalances
- TMJ – temporomandibular joint (jaw) pain, including pain in teeth/jaw from grinding,
- injury or dental work
- Tinnitus
- Sinus pain – from injury, surgery or chronic sinusitis
- Decreased smell
- Facial pain – from injury or other cause
- Muscle and joint pain throughout body including the limbs
- Chronic stress, post-traumatic stress disorder, anxiety and panic attacks through balancing the nervous system
- Nerve disorders including Bell's Palsy and trigeminal neuralgia
- Stroke and post-operative rehabilitation
- Traumatic injuries including brain and spinal cord injuries
- Vertigo/Dizziness/ Vestibular Issues
- Fatigue
- Foggiess
- Fibromyalgia
- Depression
- Digestive Issues
- Rheumatoid Arthritis

### **Is Craniosacral Therapy Right for Everyone?**

CST can benefit almost everyone. With a few conditions, however, craniosacral therapy may not be appropriate and you'll need to talk with your CST practitioner and physician. Your session needs to wait if you have experienced any of the following and have NOT been released for treatment by your physician:

- Recent concussion.
- Cerebral swelling.
- Structural defects in the cerebellum such as Arnold-Chiari malformation.
- Brain aneurysm.
- Traumatic brain injury.
- Blood clots.
- Any disorder that causes instability of cerebral fluid pressure, flow or build-up.

