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# CranioSacral Therapy

## *Education for better patient care*

CST was pioneered and developed by osteopathic physician John E. Upledger following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the cranosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the cranosacral system to improve the functioning of the central nervous system.

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including:

- Migraine Headaches
- Motor-Coordination Impairments
- Autism
- Orthopedic Problems
- Scoliosis
- Learning Disabilities
- Emotional Difficulties
- Fibromyalgia and other Connective-Tissue Disorders
- Neurovascular or Immune Disorders
- Post-Surgical Dysfunction
- Assess and mobilize the Avenue of Expression working through more than 10 different body components, including the thoracic inlet, hard palate and hyoglossal tissues.
- Refine listening and comprehension skills.
- Improve palpation and whole-body evaluation skills.
- Chronic Neck and Back Pain
- Colic
- Central Nervous System Disorders
- Traumatic Brain and Spinal Cord Injuries
- Infantile Disorders
- Chronic Fatigue
- Stress and Tension-Related Problems
- Temporomandibular Joint Syndrome (TMJ)
- Post-Traumatic Stress Disorder
- Locate and release Energy Cysts.
- Release suppressed emotions that may be inhibiting complete structural releases.