



# Craniosacral Therapy

The presence of a subtle rhythmic motion within the body was discovered over 100 years ago by an osteopathic physician, Dr. William Garner Sutherland. He discovered that the connections between the bones of our skull are malleable and that the motion of these bones affects the rhythmic motion of cerebrospinal fluid, the fluid that surrounds and supports our brain and spinal cord.

When the body is injured or experiences trauma, the inertia of the cerebrospinal fluid is affected, creating dysfunctional patterns that can remain long after the instigating event.

Craniosacral therapy (CST) is a hands-on treatment that aims to restore the natural rhythm of the body by focus-ing on cranial, spinal, and pelvic structures. During a treatment, the practitioner uses their fingers to pick up on very subtle rhythm changes. Through gentle motion, CST encourages the body's own self-healing capacity to release restrictions, reestablishing healthy cerebrospinal fluid and respiratory motion patterns. The work is noninvasive and relaxing.

## What conditions may benefit from CST?

- |  |   |
|--|---|
| → Migraine headaches                       | → Temporomandibular Joint Syndrome (TMJ)                |
| → Chronic neck and back pain               | → Stress-related tension and nervous system dysfunction |
| → Central nervous system disorders         | → Immune disorders                                      |
| → Traumatic brain and spinal cord injuries | → Neurovascular conditions                              |
| → Orthopedic injuries                      | → Post-traumatic stress disorder (PTSD)                 |
| → Learning disabilities                    | → Post-surgical Dysfunction                             |
| → Autism                                   | → Insomnia  |
| → Fibromyalgia                             |   |
| → Chronic fatigue                          |   |

## NOTES

---

---

---

---

---

---

---