

What is CranioSacral Therapy?

The craniosacral system consists of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. It extends from the bones of the skull, face and mouth which make up the cranium, down to the sacrum or tailbone area.

Since this vital system influences the development and performance of the brain and spinal cord, an imbalance or restriction in it could potentially cause any number of sensory, motor or neurological disabilities. These problems could include the chronic pain eye difficulties, scoliosis, motor-coordination impairments, learning disabilities and other health challenges.

CranioSacral Therapy is a gentle method of detection and correction that encourages your own natural healing mechanisms to dissipate these negative effects of stress on your central nervous system.

Using a light touch, the practitioner monitors the rhythm of the craniosacral system to detect potential restrictions and imbalances. The therapist then uses delicate manual techniques to release those problem areas and relieve undue pressure on the brain and spinal cord.