

Craniosacral Therapy

Most of us are aware of the cardiovascular and respiratory rhythms, however, there is still a debate in some medical circles of the craniosacral rhythm.

This rhythm was discovered by a Dr William G. Sutherland in the early 1900s when he was an osteopathic student. After many years of experiments using different devices and pressures on the skull bones (only on himself) he realised that the bones of the skull moved, and he went on to have his first article published in the early 1930s.

Based on his experiments, he developed a system of examination and treatment for the bones of the skull. Dr Sutherland organised a small group of osteopaths who studied cranial work with him. His system became known as Cranial Osteopathy. Then in 1970 a Dr Upledger viewed a rhythmical movement of the membranous boundary during surgery on a patient – it was like a hydraulic system.

After several more years of study Dr Upledger incorporated and refined Dr Sutherland's techniques with success and thus he established the scientific basis for the existence of the craniosacral system. (This is only a very brief summary of the history)

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What happens during a treatment

This is a very gentle non-invasive manipulative technique. It is hardly ever necessary for the therapist to apply any more pressure than five grams (or the weight of a 20p piece). The therapist will test for movement in various parts of the system.

Often when testing is completed the restriction has been removed and the system is able to correct itself. It is not necessary for the client to undress, apart from their shoes.

Some more common difficulties that this therapy can assist with are: Chronic pain, reduced mobility, stiff joints, low energy, headaches and migraines, jaw (temporomandibular joint) problems, neuralgia (including trigeminal), learning difficulties such as dyslexia and dyscalculia, menstrual and menopausal problems and clumsiness.

It can be used on newborn babies, infants and children with colic., Hyperactivity, feeding and sleeping problems and faulty development is often helped by Craniosacral therapy.