



## Craniosacral Therapy (CST)

Craniosacral Therapy (CST) is a gentle hands-on treatment technique utilizing the bones, soft tissues, and fluids surrounding the cranium, spinal column, and sacrum, along with the fascial diaphragms in the body. The goal of CST is to encourage the self-healing properties within the body and reduce restrictions in fascial movement and the flow of cerebrospinal fluid. Based on an understanding of neuroscience principles, the membranes of the fascial and craniosacral systems can undergo palpable, sustained change.

As the body changes, the flow of cerebrospinal fluid (CSF) changes its rate, rhythm, symmetry and amplitude. CSF is the filtrate of the arterial blood, which supplies the brain and central nervous system with nutrition, energy and a watery environment in which brain cells and organs can live and function. Therapeutic benefits can include:

- Improved body alignment and function
- Improved cranial alignment
- Reduced pain
- Improved digestion
- Improved respiration
- Increased focus
- Improved body awareness
- Movement from heightened sympathetic state to a calmer parasympathetic state



People with these conditions and others may benefit from CST:

- Torticollis/ Plagiocephaly
- Recurrent ear infections
- Feeding difficulties
- Colic and digestive issues
- Poor attention
- Reduced impulse control
- Sleep difficulties
- Pain
- Cerebral Palsy
- Spina Bifida
- Neurodevelopmental difficulties
- Balance disorders
- Coordination disorders
- Sensory processing disorders

Two members of the Child & Family Development team are formally trained in CST:

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Contact our office to schedule a free Intake with a CST-trained therapist.