

CRANIO-SACRAL THERAPY

You may be asking yourself, what is Cranio-Sacral Therapy, or otherwise known as CST?

This is a very natural, gentle yet effective form of treatment to help balance all aspects of the body and mind. The body enjoys being in balance! Imbalance causes problems such as chronic pain, stress, depression, digestive problems and much more.

So what is the Cranio-Sacral system?

This system makes up the central core of your being. It consists of the skull, spinal and pelvic bones; the brain and nervous system, the membranes surrounding this central core and last but not least, the cerebrospinal fluid which nourishes and supports this whole system. In summary, it is a fluid system, encased in the structures mentioned above.

How is this treatment performed?

Light touch (5 grams of pressure) is applied to the body and the tissues then take over, releasing and unwinding. This treatment approach therefore facilitates rather than imposes on the body's natural ability to heal itself. Patients often describe this treatment as being very relaxing.

How and when was this treatment approach discovered?

This treatment was initially developed by Dr. Sutherland as early as the 1930s. Then in 1975, Dr. Upledger took this concept further and developed it to what it is today.

This information brought to you by the Physio Studio, Binfield Bracknell's premier physiotherapy practice.

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