

## How is Craniosacral Therapy Performed

Craniosacral Therapy is a gentle, non-invasive manipulative technique.

Seldom does the therapist apply pressure, which exceeds five grams of the equivalent weight of a nickel. Examination is done by testing for movement in various parts of the system. Often, when movement testing is completed, the restriction has been removed and the system is able to self-correct.

Trained therapists are able to palpate the motion of the Craniosacral system anywhere on a patient's body. Valuable information can be gained very quickly with regard to rate, amplitude, symmetry and quality of craniosacral motion.

The regions of the craniosacral system which can be easily palpated are the bones of the skull, sacrum and coccyx because they attach to the membranes enclosing the cerebrospinal fluid. This fluid is filtered out of the blood in a dynamic feedback loop. Pressures build as the amount of cerebrospinal fluid increases, bathing the brain and spinal cord - acting like a semi-closed hydraulic system. When the fluid moves - normally at a rate of six to 12 cycles per minute - the membranes containing the fluid move.

Palpation is possible with all of the other bones of the spine and pelvis. Because of their less direct effect on the hydraulic system, however, it is more difficult to detect the motion. The same is true of the facial bones and the temporomandibular joints.