

CRANIO-SACRAL THERAPY

Gentle Osteopathy for all the Family

When I did my Osteopathic training in London in the late 70's not many people had heard let alone experienced Cranio-Sacral therapy. Medical advice at that time for Sciatica largely consisted of lying on a door for 6 weeks, taking painkillers and hoping for the best.

Well we've moved on from that and know now that rest is rarely the best medicine!

I was introduced myself to Cranio-Sacral therapy around the time my 4th child was born. My locum Osteopath Marie France Loche had trained at a college in Maidstone, where she had learned this functional method as well as structural Osteopathy.

She had the gentlest touch and I remember feeling not only better (and not sore), but also deeply peaceful and relaxed after the first treatment....So of course I had to learn more!!

How does it work?

The cranio-sacral rhythm is the flow of Cerebro-Spinal Fluid (CSF) through the meninges. Put simply your brain and central nervous system sit in a waterbed. The fluid circulates around this system of membranes at a rate of 8- 13 per minute. It is a bit like your blood circulation, but the rate of flow is much slower , subtler and the fluid is clear. There are some cells in the choroids process of

your brain producing a staggering 1 litre of CSF every day to keep things fresh (ie your memory !!) and this will help you understand why I always keep on about

drinking at least 1 litre of plain water a day...not just for beautiful skin....

A Cranial Osteopath can feel this very subtle flow of fluid in all your body tissues and affect it via the autonomic nervous system.

Relax & Unwind from Fight & Flight

You will have heard of the fight and flight mechanism, which kicks in when Adrenalin pours into your bloodstream as soon as you are scared or panicked. This is your sympathetic Nervous system in full swing and you prepare for defending yourself or running away!

When you are receiving a treatment this is of course the last feeling you wish to experience, so in cranial Osteopathy you tap into the opposite, the parasympathetic nervous system, which concerns itself with digestion, repair and healing whilst you rest, sleep or eat.

You may appreciate now why people occasionally fall asleep during and (very often after!) treatment and certainly feel like a weight has been lifted off them.

When you are healthy and well all your body circulatory systems flow , think of your cardio vascular , your respiratory, your digestion to name a few.

Releasing Strain

When we experience physical or emotional stresses our body tissues tighten up and often lasting strain remains. Then symptoms can develop, you are unwell, you experience blockages, a build up of cells or waste and tension, congestion, stiffness and disease are the consequence. A Cranio-Sacral Osteopath finds these blockages and removes them, restoring flow and movement.

Between treatments you are given exercises to improve muscle tone and posture where necessary to give lasting results.

How can it help me?

This deep and very gentle treatment is suitable for a huge range of mechanical conditions in particular low back and neck conditions, ligament us strains and sprains, trapped nerves, prolapsed discs, sports injuries, arthritic joints, postural imbalances as well as anxiety and stress. Great during pregnancy and available for all age groups 0-100!!

You will probably have heard of Cranial Osteopathy for newborns in particular for colic and head distortion(Brachiocephaly).It is also widely and successfully used for children with a wide range of learning and behavioural issues. As this is such an interesting aspect I will dedicate a whole article to the application of Cranio- Sacral Osteopathy of [babies and children](#) in my next publication.