

Cranio-Sacral Therapy
Health from top to bottom
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In the range of natural medicines and in the richness brought by osteopathy,

there's a singular one: craniosacral therapy.

This method of treatment aims to correct the restrictions that affect the axis formed by the skull, with its bones and meninges, down to the sacrum, a bone located in the pelvis.

Preventative and therapeutic

Craniosacral therapy is for everyone and can be used for preventative, relaxing or therapeutic measures. It is effective in increasing one's ability to relieve stress, freeing oneself from the imprints left by traumatic experiences, balancing and optimizing the functions of the nervous and immune systems.

It is indicated in cases of: lumbago, sciatica, back pain, migraines, headaches, back pain, neck pain, shoulders, knees, ankles, feet, sprains ... but also insomnia, balance disorders, post-operative care, difficult life phases, bereavement, depression, stress ...

CST (craniosacral therapy) should be called crânio-sacrum.

We forget that sacrum means sacred and that this bone has always had a spiritual dimension.

But we are mistaken if we take the two poles separately. This physiological system is an axis of life with a particular rhythm. It is driven by the increase and decrease of cerebrospinal fluid, involving the sacrum and the skull, both connected by the spinal cord.

From its embryonic origins until the time the patient consults a CST therapist, this system is in evolution and experiences blockages, tensions and other restrictions.

The craniosacral system contains what osteopaths call the vital life force (PRM) that animates the body.

Mild pressures

This system is very well known in neonatology. The only gesture allowed on the baby is to place one hand on the bottom of the buttocks and the other on the skull.

It is a line marked by the bones of the skull, face, mouth, spinal cord, vertebrae and sacrum.

Through gentle pressure, CST acts on the membranes that surround the brain and spinal cord, and the cerebrospinal fluid they contain.

History

CST is an osteopathic manual therapy developed in the first half of the 20th century by William Sutherland, an American osteopath who was a disciple of the founder of osteopathy Taylor Still. Very early on, Sutherland had an intuition of the mobility of the bones of the skull. This intuition, confirmed by his research, opened the way to an evolution of osteopathy but above all to a separate therapy entirely based on this fine rhythmic pulse, slower than the heartbeat - and therefore different - running through the column from the skull to the sacrum.

This osteopathic therapy places the therapist as an observer of the cranial rhythm in order to detect disorders, tensions, restrictions and other stases.

At the origin of this pulsating movement is the primary respiratory mechanism, the PRM, responsible for the production, fluctuation and resorption of cerebrospinal fluid.

The aim is to correct the various restrictions so that the meninges as well as the bones of the brain, skull and body regain their natural freedom of movement. This therapy aims to remove obstacles that the normal physiological system cannot balance. It accompanies the body in its natural role of self-correction.

This therapy has no side effects, induced by the therapist, because it is the system itself that decides how the correction should be done.

The therapist is here only a lever of action that will help the system.

Treatment :

The treatment involves the therapist addressing the inflammatory focus and the node of pain but above all, the whole body. To do this, he practises specific holds and hand positions on the skull, face, pelvis (sacrum), abdomen, thorax and limbs. He releases these holds in a light pulling and releasing movement.

At the same time, the therapist acts on the liquid bone, membrane, connective and nervous systems. He perceives abnormalities in the cranial pulsed rhythm and evaluates the restrictions in order to unblock them. The aim is to allow the system to regain as normal a mobility as possible and the cerebrospinal fluid to circulate freely.

The treatment creates a space where healing is possible and where the aspects of body, soul and spirit can be experienced as a unity. A new body sensation can be established.

Level of action :

The work is carried out at several levels of structure and action. Cranio-sacral treatment supports both the autonomic and central nervous system, as well as the musculoskeletal system. It intensifies self-regulation and immune competence and aims at a more balanced craniosacral rhythm.

Thanks to CS therapy, which supports various body systems, the body is relaxed from the inside out. This therapy has a broad field of application: on the one hand it is important for regeneration and health maintenance and on the other hand it supports the healing process in the treatment of disorders and diseases. It also allows it to act on a deeper and more subtle level.

The therapist supports the patient on different levels: body, mind and soul together form a natural unity.

The levels of human experience can manifest themselves together or separately: the body level (physical and energetic) the emotional level, the spiritual and mental level and the psychic level.

Duration and framework of a session :

A session generally lasts 1h30. The person keeps his/her clothes on and rests on his/her back on the massage table. It usually takes a few sessions for the patient to feel the effects of the therapy and perceive a change. This can take various forms: a better feeling of physical well-being, less pain, better circulation, better balance of the systems, better general condition, greater awakening of the senses.

Indications for use :

This treatment is beneficial after accidents or diseases of the musculoskeletal system, cervical trauma, muscle or joint problems, disturbances of the lymphatic, immune or hormonal system or sleep disturbances, but also in stressful life situations and states of stress and exhaustion. Static, visual or hearing problems, allergies and asthma. Craniosacral therapy is indicated for children with developmental disorders, hyperactivity, dyslexia, learning difficulties, dental malposition or temporomandibular joint problems.

Even the treatment of infants is an important area of application: Craniosacral therapy is used for babies who scream, suffer from colic or have developmental problems.

Contraindications :

They are few but the clearest are: a recent injury, a recent head or brain trauma, a cerebral infarction, a tumour or high intracranial pressure.

The effects of therapy :

The indications for craniosacral therapy are very broad. CST can be applied to both physical and psycho-emotional disorders. It can treat both bruxism and all the symptoms related to problems of temporomandibular joint dysfunction as well as bring relief to patients suffering from rheumatoid arthritis.

At the end of a session, the patient is likely to experience a range of more or less pleasant but fleeting physical sensations.

This therapy, beyond correcting restrictions, aims at the famous Somato Emotional letting go, which is the more or less strong irruption of an emotion incarcerated in the patient's energy and biological network, relegated to the depths of our intimate dungeons, and often unconscious.

The energy channelled by the therapist and the work of liberation of the ancient encystation allows emotional unblocking. The therapist can also feel physical sensations and capture images or words.

All this mutual feeling will then be exchanged at the end of the session.