

How Did CranioSacral Therapy Begin?

CranioSacral Therapy was developed by Dr. John E. Upledger, an osteopathic physician featured in TIME magazine as one of America's next wave of innovators.

From 1975 to 1983, Dr. Upledger was a professor of biomechanics at the Michigan State University College of Osteopathic Medicine. While he was there he led a team of anatomists, physiologists, biophysicists and bioengineers that performed and published the clinical research which formed the basis for the modality he named CranioSacral Therapy.

Dr. Upledger's accomplishments soon caught the interest of local parents who had children with learning disabilities, autism, hyperactivity and dyslexia. The success rates for these children who received CranioSacral Therapy astounded even the researchers.

Today, some of this therapy's most effective results continue to occur with children.

"CranioSacral Therapy's interrelationship with brain function is of the highest value to children. It brings back the normal rhythmical pumping mechanics of the brain, which in turn brings back normal functioning."

— M. Nelson, DC, Fish Creek, Wisconsin

The Benefits Of Early Intervention

It's widely recognized that in certain instances, the birth process can generate mild to severe central nervous system abnormalities. CranioSacral Therapy carried out in the delivery room or within the first few days of life can potentially reduce a wide spectrum of health challenges, many of which might not otherwise become apparent until the child is in school. It can even address problems with head shape and skull-bone override, naturally.

Many congenital and acquired health challenges also respond well to CranioSacral Therapy. It has shown to be effective at improving and maintaining a healthy immune system and because of its gentle, non-invasive qualities, it seamlessly accommodates other therapies delivered by early-intervention medical teams.

"How can a mother thank someone for making something that was medically impossible possible? The impact of having a son who is crippled is so painful, it is beyond words. Now as I see all of that reversed with CranioSacral Therapy, my heart is so grateful. Joe's body, legs, arms and fingers are all working now. Thank you for the ray of hope that unlocked all the closed doors."

— M. Polk, Elkhorn, Wisconsin

Creating A Lifetime Of Good Health

Childbirth is a journey like no other. For the mother and father it is one of wonder, excitement and the unknown. For the child it can hold all the rewards and risks that a new life offers.

Thankfully, for babies and children today, there's a gentle form of therapeutic touch that can help them enjoy a lifetime of good health. It's called CranioSacral Therapy, and it can help your child overcome congenital and acquired health challenges and prevent new ones from occurring.

What Is CranioSacral Therapy?

CranioSacral Therapy is a light-touch therapy shown to be effective in supporting the central nervous system so that your child's body can self-correct and heal naturally.

As the control center of the body, the central nervous system influences every other major body system and function. That's why problems here can cause a wide range of sensory, motor or neurological disabilities.

By supporting the central nervous system and releasing restrictions throughout the body, CranioSacral Therapy has shown to bring about profound healing. And because it's so gentle, non-invasive and virtually risk-free, children of all ages can benefit from this essential therapy.

How Is CranioSacral Therapy Performed?

A typical CranioSacral Therapy session takes place in a quiet setting with the child resting at ease on a massage table or even engaged in play.

Using a light touch — generally no more than the weight of a nickel — the therapist monitors the rhythm of the fluid that's flowing around the central nervous system to detect potential problems. Delicate hand-on techniques are then used to release any tensions that may be affecting your child's brain and spinal cord.

A session can last from 15 minutes to more than an hour. The result is a central nervous system free of restrictions and a body that's able to return to its greatest levels of health and performance.

