

Try **Physical Therapy FIRST**

by Phyllis Quinn, P.T.



Craniosacral Therapy

Cranio sacral was developed by William Sutherland, D.O., an osteopathic physician in the 1930s, and is a technique that is gaining in popularity throughout the world. This technique is based on the premise that sutures of the skull act as joints between the bones of the head allowing for minute amounts of movement. This mobility of the skull bones is necessary to allow for normal pumping and circulation of the cerebral spinal fluid. However, restrictions can develop in response to trauma or systemic disease. Treatment requires an in-depth knowledge of the anatomy of the skull and the ability to locate the restrictions. Once the restrictions are diagnosed, treatment is aimed at gently releasing the restrictions. This technique is useful for headaches, whiplash, TMJ problems, dizziness, unexplained head pain as well as ear pain. Craniosacral should not be used if there is any suspicion of acute skull trauma, bleeding or increase pressure in the head. In those cases, appropriate diagnostic testing should be performed. Craniosacral should be performed by licensed professionals trained specifically in cranial. Practitioners trained in these techniques may include osteopathic physicians, physical therapists, or massage therapists.

**If you need to schedule an appointment, please call
Physical Therapy Services
of Guilford, LLC.**

Physical Therapy Services of Guilford
500 East Main Street • Branford, CT
203/315-7727