

Services

Craniosacral Therapy

Craniosacral therapy is designed to ease pain and tension through a series of gentle manipulations of the skull that are harmonized to the central nervous system's natural rhythm. It may be accompanied by light touches to the patient's spine and pelvis.

Developed in the 1970s by John Upledger, it is done to regular the flow of cerebrospinal fluid.

Patients often feel a relief of troublesome symptoms and a reduction of pressure following this form of physical therapy.