**CranioSacral Therapy**

CranioSacral Therapy was developed by Dr. John Upledger, DO (Doctor of Osteopathic Medicine), who was featured in TIME magazine in 2001 as one of America’s next wave of innovators.

CranioSacral Therapy is a light-touch therapeutic approach that releases tension patterns creating pain and dysfunction. As tissue restrictions release, the bodies’ efficiency and self-corrective abilities improve, enhancing a person’s state of health and wellbeing. Many Craniosacral techniques specifically calm nervous system activity, resulting in lowered pain and physical and mental tension.

A CranioSacral Therapist uses their hands to gently assess and treat areas with limited tissue motion. Light manual techniques are then utilized to release tension and restore optimal tissue mobility. As tissue motion improves, continued monitoring of the body enables the therapist to locate other sources of dysfunction that may be perpetuating dysfunctional patterns of tissue and bone movement.

Conditions that have not responded favorably to other treatment approaches are often helped through this unique, gentle means of facilitating the bodies’ own corrective capabilities. CranioSacral Therapy has been successful in alleviating or improving migraines, headaches, chronic neck and back pain, stress and tension related disorders, TMJ syndrome, scoliosis, post-traumatic stress disorder and many orthopedic issues.

Laurie utilizes her 25 years of experience as a Physiotherapist to accentuate the benefits of a CranioSacral session by providing advice on postural alignment, relevant stretching and strengthening and other self-management strategies to optimize treatment effects.

Upledger certified therapists and further information about CranioSacral Therapy may be found at [www.upledger.com](http://www.upledger.com).