

Discover
CranioSacral Therapy
for
Children



CranioSacral Therapy
has been shown to help
children with:

- ADD and ADHD
- Autism Spectrum Disorder
- Cerebral Palsy, Erb's Palsy
- Chronic Ear Infection
- Colic/Reflux and Digestive Disorders
- Connective-Tissue Disorders
- Emotional Difficulties
- Failure to Thrive
- Fetal Alcohol Syndrome
- Hearing Disorders
- Hydrocephalus
- Lactation Issues
- Learning Disabilities
- Motor-Coordination Impairments
- Neurovascular or Immune Disorders
- Post-Surgical Dysfunction
- Seizures
- Sensory Processing Disorder
- Speech Disorders
- Tongue and Lip Ties
- Torticollis & Plagiocephaly



How CST can help children
with special needs.

- CST has been shown to ease the tension patterns in children. This has been shown to help children on the autism spectrum to feel more comfortable and aware of the world around them.
- CST assists children in relaxing. This can benefit children with ADHD, as it can help their brain slow down its cataloging activity when they relax.
- CST helps reduce tension patterns around the eyes and ears, so the areas of the brain that process language may function better. This may help dyslexic children, as they often have difficulty processing visual and auditory information.

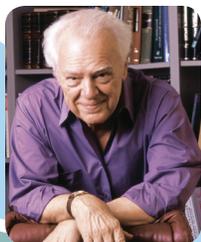
How can CranioSacral Therapy help my child?

CranioSacral Therapy (CST) is a gentle, hands-on method of evaluating and enhancing the functioning of the physiological body system called the craniosacral system. The craniosacral system is comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord (the central nervous system). By freeing the central nervous system to perform at its best, CST naturally reduces pain and stress, strengthens one's resistance to disease, and enhances health and well-being. CST helps to align the body structurally and facilitates the bodily systems to work properly. And because it's so gentle and noninvasive, CranioSacral Therapy has proven effective for all ages, from newborns to elders.

What are 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.



John E. Upledger,
DO, OMM

How Did CranioSacral Therapy Begin?

CranioSacral Therapy was developed by Dr. John E. Upledger, an osteopathic physician and surgeon 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.



What to expect in your child's CST session.

A typical CranioSacral Therapy session takes place in a quiet, peaceful setting. Parents are encouraged to bring toys and blankets to the session that the child will associate with comfort. The child remains clothed, and is treated on a padded table or therapy floor.

Parents stay in the therapy room and participate in the child's session. They may lie on the table or floor with the child, if that helps the child feel more secure.

Reactions to CST vary. Children may sleep through the session, while others may be alert, and even crawling around (toys come in handy to distract them and keep them stationary). Older children are usually comfortable lying on the table and relaxing. Children may be silent or vocal, and sometimes may cry. The therapist works with the child to help them to feel secure and relaxed.

Through gentle touch, the therapist begins monitoring the rhythm of the fluid that is flowing around the central nervous system. Delicate manual techniques are then used to release restrictions in the child's body and head, thus improving the function of the central nervous system. The sessions are generally deeply relaxing, creating feelings of warmth or gentle pulsing in the areas where the therapist is working.

"The impact of having a son who is physically challenged 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, Wisconsin

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If you have any questions, please consult your physician or ask your practitioner: