

frequently asked questions about craniosacral therapy - *craniosacral therapy cst is a gentle hands on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole body health and performance it was pioneered and developed by osteopathic physician john e upledger after years of clinical testing and research at michigan state university where he served as professor of biomechanics, **craniosacral therapy uses and effectiveness** - craniosacral therapy is an alternative treatment typically used by osteopaths chiropractors and massage therapists it claims to use a gentle touch to manipulate the joints in the cranium or skull parts of the pelvis and the spine to treat disease craniosacral therapy cst was developed in the 1970s by john upledger, **craniosacral therapy does it work www painscience com** - craniosacral therapy cst founded by an osteopath john upledger is usually practiced by osteopaths chiropractors and massage therapists cst is a subtle therapy that involves light holding of the skull and sacrum with almost imperceptible movements, **craniosacral therapy center for integrative medicine upmc** - what is craniosacral therapy craniosacral therapy involves two forms of gentle manipulation the therapist may exert a slight pressure on the sutures or connections between the cranial head bones the therapist also places a small amount of pressure to distract the head neck or spine, **craniosacral therapy taking charge of your health** - craniosacral therapy is a gentle non invasive hands on healing modality that focuses on the wave like rhythmic pulse that goes through the entire body this therapy stems from osteopathy which is an approach that emphasizes the role of the musculoskeletal system in health and disease*

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