

What is all this talk about craniosacral therapy (CST)? Does it work?



Craniosacral therapy can help with:

Craniosacral therapy (CST) is a gentle modality used to release restrictions in the fascia. The fascia is a protective covering around all of the muscles, glands, organs, body tissues, spinal cord, and brain. It is a continuous sheet that looks something like plastic wrap. Restrictions are crinkles in the “plastic wrap” (a.k.a. fascia). A restriction can affect the body’s range of motion, function, or motility of the organs. It can affect sensory function and motor abilities.

Craniosacral treatment uses 5 grams or less of pressure to determine the movement of cerebrospinal fluid in and around the central nervous system. The therapist assesses symmetry, quality, amplitude, and rate of movement. The therapist’s role is then to relieve undue pressure to assist the natural movement of the fluid and related soft tissue to help the body self-correct.

Since it uses such a gentle approach, you would see issues resolve in an easy, comfortable way for your child. A child feels calmer as skills progress. Our aim is to get your child back on track as fast as possible to the path that they are supposed to be on. **“Forward!” is our commitment.**

- ✓ Breastfeeding issues
- ✓ Tongue, lip, and cheek ties
- ✓ Feeding issues
- ✓ Torticollis
- ✓ Plagiocephaly
- ✓ Sensory processing disorder
- ✓ Seizures
- ✓ Autism
- ✓ Cerebral palsy
- ✓ Erb’s Palsy
- ✓ Failure to thrive
- ✓ Chronic ear infections
- ✓ Colic
- ✓ Reflux and digestive disorders
- ✓ Hydrocephalus
- ✓ Motor coordination
- ✓ Learning disabilities
- ✓ Connective tissue disorder
- ✓ Emotional issues
- ✓ Immune disorder



To see if this treatment modality can help your child, please call us to start your journey.

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A Path Forward

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