

youtube Video Link:

[http://www.youtube.com/watch?v=ekcCIMDJ\\_0c](http://www.youtube.com/watch?v=ekcCIMDJ_0c)

If it does not immediately load press F5

OMT Group



# Cranial Sacral Therapy

Cranial Sacral therapy:

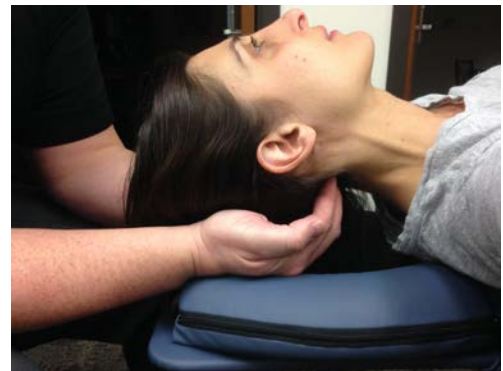
Cranial Osteopathy was originated by osteopath William Sutherland (1873–1954) in 1898–1900. While looking at a disarticulated skull, Sutherland was struck by the idea that the cranial sutures of the temporal bones where they meet the parietal bones were "beveled, like the gills of a fish, indicating articular mobility for a respiratory mechanism

Cranial sacral therapy relies on the presence of small, rhythmic motions of the cranial bones attributed to cerebrospinal fluid pressure or arterial pressure. The premise of CST is that palpation of the cranium can be used to detect this rhythmic movement of the cranial bones and selective pressures may be used to manipulate the cranial bones to achieve a therapeutic result

Cranial Protocol:

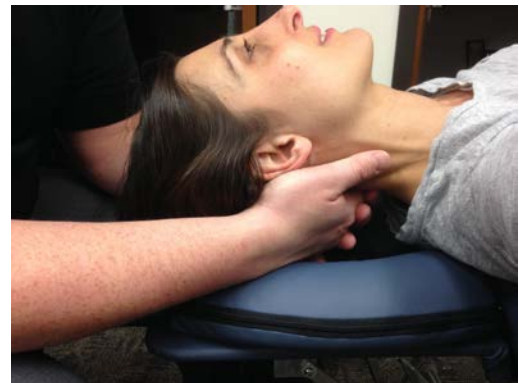
Sub-Occipital Release:

- a. Patient lying supine with provider seated at the head of the table
- b. Provider curls the fingers of both hands into a C shape and places the tips of the fingers on the sub-occipital region of the patient
- c. The weight of the patient's head acts as a direct force
- d. The provider weights for a feeling of "Softening" in the sub-occipital musculature. Often the patient will take a deep breath or sigh with the release



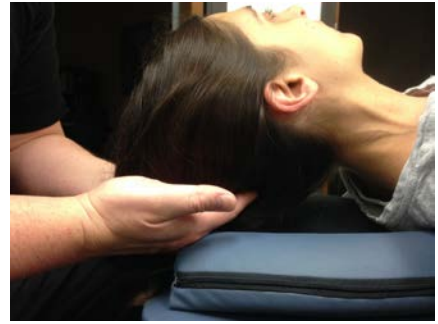
CV4

- a. Patient Supine with the provider seated at the head of the table
- b. Provider cups the patient's occiput and sub-occipital region with one hand while other hand is placed directly underneath.
- c. Cranial rhythm is appreciated. Provider attempts to slow down and even stop cranial rhythm and then restarts allowing it to return to normal rhythm



Inion:

- a. Patient lying supine with provider seated at the head of the table
- b. Provider places one or two fingers on the patient's inion, supporting the weight of the patient's head
- c. The provider weights for a feeling of "Softening" of the inion. Often the patient will take a deep breath or sigh with the release



Opening of cranial sutures:

- a. If time permits may continue to open the sagittal suture by using two fingers Crossed and allowing weight of head to open- see the (awesome!) picture
- b. Continue on other sutures

