

What is craniosacral rhythm and what are the symptoms?

It is a measurable rhythmic pulsation (approximately 6-12 cycles/minute) within, and throughout, the central nervous system contained by the skull, spine, and sacrum. When the mobility of the craniosacral system is restricted, altered, or disrupted due to injury, symptoms may appear. These can include neck, back, jaw, tooth, and facial pain, visual disturbances, hearing loss, tinnitus, sinus trouble, anosmia (loss of smell), insomnia, trigeminal neuralgia, and Bell's Palsy.

What Causes a Dysfunctional Craniosacral System?

Dysfunction may occur with trauma to the head, neck, or back leaving scar tissue. This may restrict the craniosacral system's ability to respond freely to its inherent rhythm. Damage can also be caused by a traumatic birth, extensive dental work, a bite imbalance, or chronic bruxing ("teeth grinding").

Treating the Craniosacral System

The Cranial-Sacral system can be released through specific gentle techniques directed at restricted areas. This technique creates more space and balance within the craniosacral system. Because the body has evolved to support a normal functioning craniosacral system, it tends to remain movable once it has been "released." Without this help, not only is the body often unable to resolve these restrictions, it adapts to abnormal movement potentially leading to neurological and postural imbalances.