

Craniosacral Therapy

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...Alternative medicine, pseudomedicine, and medical conspiracy theories. Craniosacral therapy (CST) is a form of bodywork or alternative therapy using gentle touch to palpate the synarthrodial joints of the cranium. A practitioner of cranial-sacral therapy may also apply light touches to a patient's spine and pelvic bones. 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 by Atlanta's most experienced therapist.