

# CranioSacral Therapy as Part of Your Parkinson's Health Care

## What is CranioSacral Therapy?

CranioSacral Therapy (CST) is a gentle, hands-on method of enhancing the function of your central nervous system, relaxing the musculature throughout your body, and facilitating mobility of the entire skeletal system. As such, CranioSacral Therapy greatly enhances the body's ability to dissipate negative effects of stress, reduce pain, improve range of motion, and boost overall health and well-being. You will lay fully clothed on the treatment table while the therapist applies very light pressure to help your body begin making the needed self-corrections. The work can be profoundly relaxing, exhilarating, deeply moving, or involve resolution of old "issues." Through such techniques as cranial manipulation, tissue unwinding, dialoging, Somato-Emotional Release, and CellTalk, CranioSacral Therapy can affect not only profound structural change within the body, but also mental and emotional change.



## How Does CranioSacral Therapy Affect Parkinson's?

CranioSacral Therapy can affect Parkinson's in many ways to help give people with Parkinson's better quality of life. Certain intracranial techniques may affect dopamine production in the brain, which is key for control of muscle movement. Other intracranial techniques may reduce impaired ability to walk or improve balance. The calming effect CranioSacral Therapy has on the body greatly assists in reducing anxiety, stress, and tension that may manifest from the disease itself or from medication. As such, it can help improve sleep patterns and reduce Parkinson's symptoms that become exacerbated with stress.



Because CranioSacral Therapy works directly with the central nervous system, we also see improvement in muscle coordination, movement, and stiffness. Some recent evidence has linked Parkinson's to tension or injury in the temporomandibular joint (TMJ), or jaw joint. CranioSacral Therapy is ideal for helping balance the bony structures and muscles in the jaw to take pressure off key structures that feed blood and oxygen to the brain.

**APPOINTMENTS AVAILABLE WED-FRI 10-7 & SAT 10-4**

Session fees are \$70 per hour. Outcalls or to your home are also available at a slightly higher rate.

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[www.openhandstn.org](http://www.openhandstn.org)  
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