



Cranial Release Technique

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Agenda

- Introduction To Cranial Release Technique
 - Brief Overview of Cranial Sacral Therapy
 - Anatomy Overview
 - Primary Respiratory Mechanism
- Cranial Dural Stress Syndrome
 - What It Is
 - How It Impacts The Body
- Cranial Release Technique
 - What It Is
 - What It Does
 - Demo



Factoids

- The nervous system controls everything in the body
- 80% of the nervous system exists above C1



Cranial Release Technique

- Facilitates a major release of the tension in the muscles, ligaments and connective tissue of the body. It also causes the brain and the nervous system to come into a more balanced, optimal state of functioning.

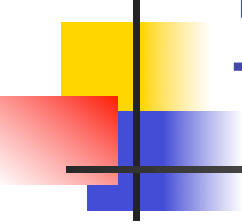
When we release tension in the muscles and balance the body structure, and then put the brain back in charge of the body, it creates the best conditions you can have for healing.

- The Cranial Release Technique is based on 10 years of research and has its foundation in the work of Dr. William Sutherland, the father of Cranial Sacral Therapy.
- Cranial Release Technique is an advanced form of cranial-sacral therapy.



Brief Overview of Cranial-Sacral Therapy

- Cranial based healthcare has its origins in the late 1800's when Dr. William Sutherland pioneered the concept of cranial bone movement while he was a student at American School of Osteopathy.
- His investigations of clients led him to the concept of Primary Respiratory Mechanism or the "respiratory" like movement of the cranial bones.
- Through his research of this movement he discovered the presence of cranial bone lesions. He felt that these lesions, fixations, and distortions interfered with the expression of the Primary Respiratory Mechanism and in doing so caused illness and disease



Brief Overview of Cranial-Sacral Therapy (cont'd)

- Dr. Sutherland began working with patients to correct the cranial distortions and restore proper function to the Primary Respiratory Mechanism. His results went far beyond those of traditional osteopathic and chiropractic treatment aimed at correcting only the spine.
- Dr. Sutherland also felt that, in addition to the cranial vault, the spinal column and the long bones of the body were involved in the rhythmic movement of the Primary Respiratory Mechanism
- The vital link is the dura mater

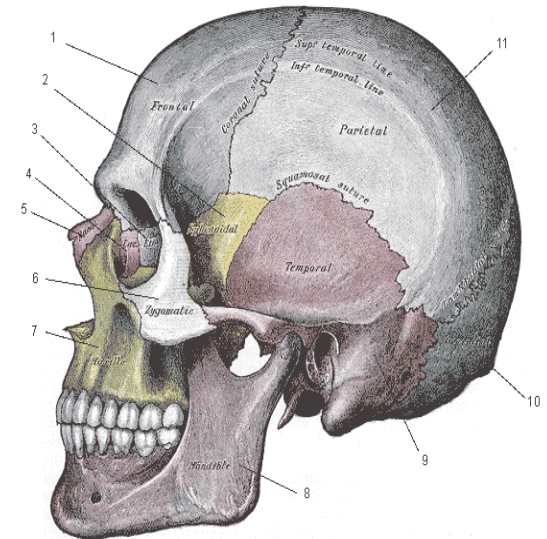


Primary Respiratory Mechanism

- **Primary:** It is the system that comes first. It underlies all of life's processes and gives dynamism, form , and substance to all of anatomy and physiology.
- **Respiratory:** It is the spark that gives rise to the breath as it moves through the tissues. It is the foundation of metabolism. It has both an inhalation and exhalation phase.
- **Mechanism:** It is a system composed of many parts that work together to create a whole, greater than the sum of its parts.
- When the Primary Respiratory Mechanism is limited it impacts all systems of the body.

Basic Anatomy

- The Skull has 22 bones
 - Cranium 8 bones
 - Face 14 bones
- These bones are connected by a variety of sutures
- The greatest importance in cranial work is the articulation between the basilar surface of the occipital bone and the posterior surface of the sphenoid bone
- This articulation is the key driver in the movement of the cranium
- The sphenoid and the occiput have articulations with every bone in the cranium vital to the dynamics of the cranial vault and the full expression of the Primary Respiratory Mechanism.





Basic Anatomy

■ Dura mater

- It is composed of a thick, fibrous, connective tissue that comes out of the cranial vault descends down the spinal cord through the sacrum to the coccyx bone where it blends with the periosteum (membrane that covers all the bones).
- Covers and protects the brain and spinal cord
- It is the dural link which makes the connection between distortion of the cranium and aberrant spinal alignment and balance
- Tensions within the cranial dura mater can be transmitted to the spinal segments and sacrum creating misalignment and imbalance
- The entire fascial system has a relationship with the cranial dura as well.
- The dura mater affects all cranial nerves, spinal nerves, all peripheral nerves of the body as well as the pituitary gland (hormonal system)
- When the dura is in tension it chokes off communication (brain signals) to the body and organs



Dural Tension

- The dura mater protecting the brain and spinal cord is the key link.
- According to research by the Upledger Institute “When the dural membrane of the cranium is subjected to tension in a certain direction over time, the fibers of the membrane (dura mater) organize and align themselves with the direction of tension.”



Cranial Dural Stress Syndrome

- The human body is very well equipped to deal with simple stress. However, we exist in a very complex, fast paced world with very little opportunity for the body to heal between stress events. Our bodies were never meant to deal with the prolonged chronic stress we experience.
- Unrelieved stress contributes to chronic health problems, physiological changes, memory loss, depression, as well as imbalances in our autonomic nervous system.
- The complex stress state makes it difficult to heal, even from trivial health challenges.
- As the brain moves deeply into stress states the frequency at which it functions as well as brain activity change. The brain shifts into a state where one hemisphere of the brain becomes more active over the other. Along with this shift come marked changes in the physical and emotional body.
- In the physical body muscle tension is increased on one side of the body leading to structural weakness and imbalance in gravity.



Systems Impacted By Cranial Dural Stress

- Spine
- Spinal Attachments
- Cranial Nerves
- Pituitary Gland---Organs
- Epineurium (connective tissue covering the spinal and peripheral nerves)
- The Fascia



Cranial Distortion

- Cranial distortion leads to dural distortion, which leads to neurological dysfunction
- Cranial distortion begins at birth and progresses with the impact of complex stress and physical and emotional trauma
- Damage or dysfunction of the fascia, through surgery, injury, or inflammation, have the effect of creating tension within the craniosacral system which impacts the dura



What Is CRT?

- CRT is a procedure that completely releases the entire dysfunctional cranial vault as well as the dural tensions associated with it.
- Creates a deep release within the cranial dura and within all of the body structures and functions associated with it.
- The “release” is thorough enough to cause the spinal, pelvic, and fascial structures associated with it to release and normalize as well.



How CRT Benefits The Body

- Balances right and left hemispheres of the brain
- Corrects postural and structural distortions
- Improves strength and balance
- Takes tension off the Central Nervous System
- Improves nerve function, organ function, and hormonal balance
- Improves mental clarity
- Improves sense of centeredness and calm



Contraindications

- The only contraindications are fresh cranial, cervical, or spinal fractures.
- Precautions:
 - Diabetics being treated with insulin injections must check their sugar level before administering their medicine after a CRT treatment.
 - CRT impacts the pituitary gland effecting signals to the pancreas which is responsible for insulin production.



Testimonials from Clients

- “Since CRT was added to my massage therapy I have felt much more alert, with less tension in my facial structures and my headaches are gone.” B.H. Melbourne
- “CRT has improved circulation in my legs....my posture has improved too despite dealing with a knee injury and a heavy work schedule including air travel.” L.C. Melbourne Beach
- “My scoliosis was diagnosed when I was 13 years old. I am now 15 and have been dealing with progressive scoliosis curvatures, constant pain in my neck, back and hips. I am unable to participate in sports, except swimming, and needless to say I was very unhappy to look at my self in a swim suit in a mirror. With scoliosis progressing I was losing height, very weak and in constant pain. I was scheduled for surgery on May 4th. I started CRT in February. CRT made amazing things happen. I can now report having a 1.5 inch increase in the length of my spine. I am much stronger and more mobile. The curvature is gradually getting less and I am no longer in constant pain. I am without hesitation wearing a swimsuit. Best of all my surgery has been cancelled. I love CRT.” Madeline, Brandon, FL



Testimonials from Clients

- “I want to tell you how impressed with the results of the CRT treatment you have given me. I have been experiencing a lot of vertigo for many weeks. The morning after the 3rd treatment I realized that the room wasn’t trying to turn to the right and that the objects on the floor were still and not wavy. The vertigo went away and that makes life very “steady”. I am also experiencing increased energy and better sleep.” Stella Melbourne
- “I want to let you know that the vertigo I was experiencing at the time of my visit went away immediately after the CRT treatment. Interestingly, it has not returned. I have located a CRT practitioner here in North Carolina and look forward to my next treatment.” R.C. Cary, NC
- “ Thanks to CRT I have found great relief from my body pains as well as reducing my stress level. I have also seen a great improvement in my overall health (blood pressure has returned to normal with out medication) and well being.” PB Satellite Beach
- “My overall energy level has increased to the point where I can spend 2-3 hours daily doing heavy cleaning or very active gardening work, which is definitely an improvement. The leg problem has improved with greater range of motion and the sensation in my thigh (a surface numbness which has been present for 10 years) has returned to normal.” NR Melbourne Village