The soft tissue approach to scoliosis and craniosacral therapy

Most scoliosis cases are classified as idiopathic, or "of unknown origin." In 80 to 85 percent of the cases, the cause remains hidden, but craniosacral therapy can help unravel the mystery by identifying restrictive patterns and releasing tension in the body. Craniosacral therapy is a light, touch, manual therapy that enhances the structure and mobility of the craniosacral system. The craniosacral system consists of the membranes and connective tissue that surround and protect the brain and spinal cord. The craniosacral system is an integral part of the body's fascial system, and it is involved in the regulation of the body's fluid dynamics.

Craniosacral therapy assists in the release of tension in the craniosacral system, allowing for improved function and movement. It can help address the underlying causes of scoliosis by addressing the restrictive patterns that may be contributing to the condition. Craniosacral therapy can be integrated with other forms of physical therapy, such as spinal manipulation and myofascial release, to provide a comprehensive approach to treating scoliosis.

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The cranial release of the spinal column within the spinal canal is a vital process for maintaining proper nerve function. When the spine is not relaxed, the spinal column becomes compressed, leading to a variety of neurological symptoms. Cranial release techniques, such as light touch, palpation, and release techniques, are used to identify and facilitate the release of restrictions within the body tissue.

Craniosacral therapy practitioners use these techniques to efficiently identify and facilitate the release of restrictive strain patterns within the body tissue. The techniques used are safe and highly effective, allowing for the gradual and deliberate release of restrictions, which can be expressed in the body tissue as increased ease of movement and decreased pain.

The cranial release of the spinal column within the spinal canal is a complex process that involves the interaction of the cranial and spinal systems. By identifying and releasing restrictions, cranial release techniques can help to improve neurological function and reduce pain and discomfort. These techniques are safe and effective for use in a wide range of clinical settings, including pain management, neurological conditions, and overall health and well-being.

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