A doctor with heart

Andrew Fryer, M.D., has been studying craniosacral therapy since 1999, and began incorporating it into his pediatric cardiology practice last year. Although he considers himself firmly grounded in Western medicine, Fryer limits his notice the profound success his wife, a pediatric craniosacral therapist, has had in treating children with sensory-integration problems. "It's not something we had heard about in medical school," he said. "Some of the kids I knew personally were coming back with big changes. Kids with scoliosis and ADHD were improving, and children with migraines were having that disappear.

Fryer and his wife, also a craniosacral therapist, have developed a system called craniosacral therapy for children, which combines the craniosacral therapy with medical and psychologic interventions. With craniosacral therapy, children are able to regulate their autonomic nervous system, which controls the body's responses to stress.

Fryer and his wife, along with other craniosacral therapists, have found that craniosacral therapy can help children with a variety of conditions, including headaches, migraines, and learning disabilities. They have also found that craniosacral therapy can help children with autism spectrum disorders and ADHD.

"It's not a fix-all, but it's a tool we can use," Fryer said. "We're not saying it's going to cure everything, but it's something we can offer our patients."