



Upledger  
Institute  
International

THE  
BARRAL  
INSTITUTE

D'AMBROGIO  
Institute

# CranioSacral Therapy Research

## **Pilot study of the effects of mixed light touch manual therapies on active duty soldiers with chronic post-traumatic stress disorder and injury to the head.**

Lauren Davis, PhD, LMT, BCTMB, Brenda Hanson, PhD, Sara Gilliam, PhD  
WBAMC Affiliation at the time research was conducted.

Published Online: March 26, 2015

DOI: <http://dx.doi.org/10.1016/j.jbmt.2015.03.006>

## **Interventions for preventing and treating low-back and pelvic pain during pregnancy.**

Liddle SD, Pennick V.

Cochrane Database Syst Rev. 2015 Sep 30;9:CD001139. doi: 10.1002/14651858.CD001139.pub4. Review.

<http://www.ncbi.nlm.nih.gov/pubmed/26422811>

## **Craniosacral Therapy for the Treatment of Chronic Neck Pain: A Randomized Sham-controlled Trial.**

Haller H, Lauche R, Cramer H, Rampp T, Saha FJ, Ostermann T, Dobos G.

Clin J Pain. 2015 Sep 3. [Epub ahead of print]

<http://www.ncbi.nlm.nih.gov/pubmed/26340656>

## **Utility of craniosacral therapy in treatment of patients with non-specific low back pain. Preliminary report.**

Białoszewski D, Bebelski M, Lewandowska M, Słupik A.

Ortop Traumatol Rehabil. 2014 Nov-Dec;16(6):605-15. doi: 10.5604/15093492.1135120.

<http://www.ncbi.nlm.nih.gov/pubmed/25694375>

## **Treating the sequelae of postoperative meningioma and traumatic brain injury: a case of implementation of craniosacral therapy in integrative inpatient care.**

Haller H, Cramer H, Werner M, Dobos G.

J Altern Complement Med. 2015 Feb;21(2):110-2. doi: 10.1089/acm.2013.0283. Epub 2015 Jan 21.

<http://www.ncbi.nlm.nih.gov/pubmed/25607593>

## **Credibility of a comparative sham control intervention for Craniosacral Therapy in patients with chronic neck pain.**

Haller H, Ostermann T, Lauche R, Cramer H, Dobos G.

Complement Ther Med. 2014 Dec;22(6):1053-9. doi: 10.1016/j.ctim.2014.09.007. Epub 2014 Oct 6.

<http://www.ncbi.nlm.nih.gov/pubmed/25453528>

## **Heart rate variability and the influence of craniosacral therapy on autonomous nervous system regulation in persons with subjective discomforts: a pilot study.**

Girsberger W, Bänziger U, Lingg G, Lothaller H, Endler PC.

J Integr Med. 2014 May;12(3):156-61. doi: 10.1016/S2095-4964(14)60021-2

<http://www.ncbi.nlm.nih.gov/pubmed/24861836>

## **Osteopathic evaluation of somatic dysfunction and craniosacral strain pattern among preterm and term newborns.**

Pizzolorusso G, Cerritelli F, D'Orazio M, Cozzolino V, Turi P, Renzetti C, Barlafante G, D'Incecco C.

J Am Osteopath Assoc. 2013 Jun;113(6):462-7

<http://www.ncbi.nlm.nih.gov/pubmed/23739757>

## **Is craniosacral therapy effective for migraine? Tested with HIT-6 Questionnaire.**

Arnadottir TS, Sigurdardottir AK.

Complement Ther Clin Pract. 2013 Feb;19(1):11-4. doi: 10.1016/j.ctcp.2012.09.003. Epub 2012 Nov 9.

<http://www.ncbi.nlm.nih.gov/pubmed/23337558>

## **Effects of craniosacral therapy as adjunct to standard treatment for pelvic girdle pain in pregnant women: a multicenter, single blind, randomized controlled trial.**

Elden H, Östgaard HC, Glantz A, Marciniak P, Linnér AC, Olsén MF.

Acta Obstet Gynecol Scand. 2013 Jul;92(7):775-82. doi: 10.1111/aogs.12096.

Epub 2013 Mar 4

<http://www.ncbi.nlm.nih.gov/pubmed/23369067>

## **A systematic review to evaluate the clinical benefits of craniosacral therapy.**

Jäkel A, von Hauenschild P.

Complement Ther Med. 2012 Dec;20(6):456-65. doi: 10.1016/j.ctim.2012.07.009.

Epub 2012 Aug 22. Review.

<http://www.ncbi.nlm.nih.gov/pubmed/23131379>

## **A randomized controlled trial investigating the effects of craniosacral therapy on pain and heart rate variability in fibromyalgia patients.**

Castro-Sánchez AM, Matarán-Peñarrocha GA, Sánchez-Labraca N, Quesada-Rubio JM, Granero-Molina J, Moreno-Lorenzo C.

Clin Rehabil. 2011 Jan;25(1):25-35. doi: 10.1177/0269215510375909. Epub 2010 Aug 11.

<http://www.ncbi.nlm.nih.gov/pubmed/20702514>

## **Influence of craniosacral therapy on anxiety, depression and quality of life in patients with fibromyalgia.**

Matarán-Peñarrocha GA, Castro-Sánchez AM, García GC, Moreno-Lorenzo C, Carreño TP, Zafra MD.

Evid Based Complement Alternat Med. 2011;2011:178769. doi: 10.1093/ecam/nep125. Epub 2011 Jun 15.

<http://www.ncbi.nlm.nih.gov/pubmed/19729492>

## **The use of complementary and alternative medicine by patients attending a UK headache clinic.**

Lambert TD, Morrison KE, Edwards J, Clarke CE.

Complement Ther Med. 2010 Jun-Aug;18(3-4):128-34. doi: 10.1016/j.ctim.2010.05.035. Epub 2010 Jun 30.

<http://www.ncbi.nlm.nih.gov/pubmed/20688258>

## **Effect of craniosacral therapy on lower urinary tract signs and symptoms in multiple sclerosis.**

Raviv G, Shefi S, Nizani D, Achiron A.

Complement Ther Clin Pract. 2009 May;15(2):72-5. doi: 10.1016/j.ctcp.2008.12.006. Epub 2009 Jan 30.

<http://www.ncbi.nlm.nih.gov/pubmed/19341983>

## **Craniosacral still point technique: exploring its effects in individuals with dementia.**

Gerdner LA, Hart LK, Zimmerman MB.

J Gerontol Nurs. 2008 Mar;34(3):36-45.

<http://www.ncbi.nlm.nih.gov/pubmed/18350746>

## **The effect of oscillating-energy manual therapy on lateral epicondylitis: a randomized, placebo-control, double-blinded study.**

Nourbakhsh MR, Fearon FJ.

J Hand Ther. 2008 Jan-Mar;21(1):4-13; quiz 14. doi: 10.1197/j.jht.2007.09.005.

<http://www.ncbi.nlm.nih.gov/pubmed/18215746>