

# *Davao Daily Scoop*

## TRUTH AND TREND



**CHARLES T. ORTIZ, DMD**

## Craniosacral Therapy 101 with Dr. Charles T. Ortiz

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**For** this week, we dive into a rare therapy service in the Philippines with guidance of the only known specialist in Mindanao, Dr. Charles T. Ortiz.

Dr. Charles is a practicing dentist and has been in the profession for over 24 years. He also practices therapy for Temporomandibular Joint (TMJ) Disorders. TMJ disorders cover the injuries in the teeth or jaw, misalignment of the teeth and jaw, as well as arthritis and related stress. Dr. Charles graduated from Centro Escolar University. He owns a clinic here in Davao and in Digos, and sometimes travels to far-flung areas to help patients.

In 2014, Dr. Charles encountered a patient who was finding it very difficult to recover from his TMJ condition, despite undergoing therapy under Dr. Charles' care. It was then that he had an epiphany: he had to find another way to help his patients. Unfortunately, it wasn't until 2016 that he found the solution. He immediately enrolled at the Upledger Institute International, and took core classes in Craniosacral Therapy (CST).

### **What is Craniosacral Therapy?**

The term might seem a mouthful. Craniosacral Therapy is an alternative means of bodywork that alleviates the compression in the bones of the head, sacrum (this refers to the triangular bone in the

lower back), parts of the pelvis and the spinal column. As a noninvasive procedure, Craniosacral Therapy makes use of light touch on the head, neck and back, relieving the stress and the pain caused by compression.

The main objective is to softly influence the bones in the skull, spine and pelvis in order to normalize the flow of cerebrospinal fluid in the central nervous system. Dr. Charles provides a simple illustration. He says to imagine the body as a garden with underground water tubes hydrating the soil. The flow of the water is affected in crooked or folded tubes, resulting in compression due to the blockages within those areas. Craniosacral Therapy straightens and restores those tubes to their primary condition, allowing for a normalized flow of water into the garden.

### **Benefits of Craniosacral Therapy**

CST is suitable for all ages, even infants. It has the ability to soothe pain and release both emotion and physical stress, as well as tension. It's also beneficial in restoring cranial mobility, as well as help in easing or releasing restrictions of the head, neck and nerves. Ever since he mastered the art of Craniosacral Therapy, Dr. Charles has expanded his dental services to include CST, allowing him to widen his reach among patients.

One of his most remarkable efforts was helping a young 9-year old girl recover from Bell's Palsy, a condition which causes paralysis in the muscles of the face. Due to this, the young girl couldn't eat by herself and had to be fed. She couldn't move her lips and mouth. However, it took only 3 sessions to see significant improvement in her condition. She was finally able to close her eyes, move her lips, talk—and most importantly, smile. Dr. Charles helped change a girl's life forever.

Here are some conditions that Craniosacral Therapy can help with:

- Migraines and headaches
- Constipation
- Irritable bowel syndrome (IBS)
- Disturbed sleep cycles and insomnia
- Scoliosis
- Sinus infections
- Neck pain
- Fibromyalgia
- Recurrent ear infections or colic in infants
- TMJ
- Trauma recovery, including trauma from whiplash
- Mood disorders like anxiety or depression
- Difficult pregnancies

Dr. Charles cautions the public to refrain from thinking that CST is a magical formula for all ailments. Although effective, this is merely a complimentary therapy to help people heal from various conditions. In fact, one needs to have at least 3 sessions to optimize its effects.

Being a rare therapy service, you'll be hard-pressed to find one in every city in the Philippines. Fortunately, one clinic in Davao city does provide it to the general public. **CranioSacral Therapy Davao** is a COVID-standards compliant clinic located at Level 4 of Gaisano Mall of Davao, Bajada,

Davao City. You may also book an appointment through their facebook page at <https://www.facebook.com/cstdavao/>

According to Dr. Charles, if you don't take care of your body, it will take care of you. These days, we are plagued by more than just a few issues because of COVID-19. We are constantly afraid of contracting the deadly virus. We are also fearful for the security of our health, our families and even our livelihoods. Dr. Charles is keen on spreading hope and positivity amidst this pandemic, and stretches his expertise to anyone who may need it. *DDS*

[Davao Daily Scoop - Dr. Charles T. Ortiz](#)