

CranioSacral Therapy, Brain Injury, and American Football: Time for a Convergence

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Editor's Note: Psychiatrist and chronic pain specialist, Eric Leskowitz, MD, retired recently after 20 years as a member of the Department of Psychiatry at Harvard Medical School. He continues to lead the Integrative Medicine Task Force at the Harvard-affiliated Spaulding Rehabilitation Hospital and maintains an avid interest in the potential of integrative practices in sports-related contexts. His first column for JACM, in the May 2017 issue, "The Zone: A Measurable (and Contagious) Exemplar of Mind-Body Integration," examined emerging evidence on athletes seeking that special level of "in the zone" performance through integrative strategies. In this, Dr. Leskowitz turns to what may be viewed as the other end of contact sports performance: concussion and brain injury. The focus is on football, though the applications may extend to the military. Again, the evidence is only emerging, and begs more thorough exploration.

—John Weeks, Editor-in-Chief, JACM