

# Upledger CranioSacral Therapy

## FACTS – THE STORY THAT TELLS IT ALL

### What...

CranioSacral Therapy (CST) is a gentle, hands-on manual therapy that releases tensions as well as restrictions deep in the body to relieve pain and dysfunction and improve overall health.



Upledger CranioSacral Therapy (CST), recognized worldwide, was pioneered

and developed by Dr. John E. Upledger, an Osteopathic physician following extensive scientific research during his tenure as a clinical researcher and professor of Biomechanics at the College of Osteopathic Medicine at Michigan State University.

### How...

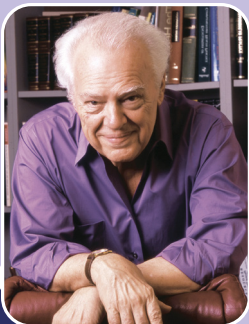
CST is practiced by a variety of health practitioners with manual therapy licenses, including massage therapists, physical therapists, occupational therapists, chiropractors, acupuncturists, physicians, athletic trainers, etc. Therapists gently touch various parts of the body to monitor the rhythm of the craniosacral fluid flowing around the central nervous system. By monitoring the flow, CST therapists are able to determine areas of fluid restriction and sources of dysfunction.



CST complements the body's natural healing processes. CST is reported by clients to be effective in helping to relieve symptoms associated with:

- Cancer Treatment
- Post-Traumatic Stress
- Stress & Tension-Related Disorders
- Post Concussion Syndrome
- Traumatic Brain Injuries
- Fibromyalgia
- Scoliosis
- Neck & Back Pain
- Orthopedic Problems
- Autism
- TMJ Syndrome
- Chronic Fatigue

## THE NUMBERS SAY IT ALL



- 132,000** Upledger CranioSacral therapists worldwide
- 540** CranioSacral courses taught annually worldwide
- 122** Countries where trained therapists reside
- 102** Teachers on international instructor team
- 66** International affiliates who offer our training
- 32** Full-time employees at the institute's headquarters

Find a CST practitioner in your area through the International Association of Healthcare Practitioners (IAHP) online directory  
[www.iahp.com](http://www.iahp.com)

**COUNTLESS - THE NUMBER OF LIVES TOUCHED!**

Learn more at [Upledger.com](http://Upledger.com)  
Or call us at 800-233-5880



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