

CranioSacral Therapy – Ricky Williams Concussion Pilot Study

Whether a person experienced a mild or severe head trauma yesterday or years past, the brain and body may be affected.

This video shares some insight into alternative therapies.

CranioSacral Therapy – Migraine Relief

Migraine affects approximately 20% of the population. Conventional care for migraine is suboptimal; overuse of medications for the treatment of episodic migraines is a risk factor for developing chronic daily headache. The study of non-pharmaceutical approaches for prevention of migraine headaches is therefore warranted. Craniosacral therapy (CST) is a popular non-pharmacological approach to the treatment or prevention of migraine headaches for which there is limited evidence of safety and efficacy.

▪ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2442042/>

Mann JD, Faurot KR, Wilkinson L, et al. Craniosacral therapy for migraine: Protocol development for an exploratory controlled clinical trial. BMC Complementary and Alternative Medicine. 2008;8:28. doi:10.1186/1472-6882-8-28.

CranioSacral Therapy – Brain Inflammation, Head Trauma & NFL

The study discusses research focused on NFL player's head trauma; however, singular events are also discussed – “these cells kick into high gear in people who sustain a single severe blow to the head, and that this may be associated with cognitive impairment (Ramlackhansingh et al., 2011). Researchers theorize that after brain injury, chronic inflammation contributes to cellular and structural damage, leading to depression and cognitive decline.”

<http://www.alzforum.org/news/research-news/nfl-players-brain-inflammation-may-persist-years-after-head-trauma>