

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.