



## INTENTIONAL WELLNESS

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### CRANIOSACRAL THERAPY: HELPING CHILDREN LIVE BALANCED LIVES

*"I am thoroughly convinced that one of the best things we can do for our children is to have them begin life with smoothly functioning CranioSacral systems, a removal of physical restrictions so their body issues aren't burdened by destructive or traumatic memories and clean, clear, energy fields."*

*-John E. Upledger,  
DO, OMM  
Developer of  
CranioSacral Therapy*

*"My baby has had a chronic ear infection in the past year, and for the last 7 weeks has been plagued with 2 ear infections. She went through 4 different antibiotics.*

*It took 2 CranioSacral sessions, but we went back yesterday, and the ears are 100% healed.*

*It truly made all the difference!"*

*-C.G. Orlando, FL*

*"Cranial sacral manipulation...is particularly useful and valuable in newborns and infants because of the relative flexibility and ease of motion of their craniums. The cranial-sacral system is one of great importance, connecting directly with the central, peripheral, and autonomic nervous systems and indirectly with the appendicular skeletal system. The endocrine glands are also highly interconnected in this system. Therefore, any somatic dysfunctions of this system may have many widespread manifestations."* Todd A. Bezilla, D.O., M.Ed., C.S.C.S.

The skull consists of twenty-six bones: eight bones form the cranium (which houses the brain and the three inner ear bones), plus fourteen facial bones (which form the face, jaw, nose, orbits, and the roof of the mouth). There is also a bone called the hyoid bone which anchors muscles of the larynx and tongue. In the infant skull, these bones are further subdivided into smaller pieces. These smaller pieces attach to each other through soft cartilage until they are more firmly developed.

Bones move and grow according to tensions placed upon them. Balanced, symmetrical pressures from surrounding structures allow bones to develop as they should. Abnormal strain or pressures, originating either internally or externally, can create adverse strain, impacting a structure's ability to function properly. The bones of the head, spine, and sacrum are crucial components in development, learning, and overall health due to their relationship with the brain and spinal cord. These bones are designed to accommodate to and withstand the forces of labor and delivery, while providing protection for the infants developing nervous system underneath.



Modified from Netters Atlas of Human Anatomy

Even under normal circumstances, the process of birth may cause bones to move out of alignment, and slip over or under other bones, setting the foundation for structural imbalances. These misalignments may or may not be capable of self correcting. In cases where interventions such as forceps, vacuum extraction, or labor inducing medicines are required, the body may lose its ability to reposition itself into a more optimal state of balance.

The condition of the newborn baby or infant can also provide evidence of the health of its nervous system.

Signs of potential difficulty include:

- Delay in sucking of more than 24-48 hrs.
- Vomiting or spitting up after feeding
- Arched back or throwing head back when held on shoulder or side
- Asymmetrical motion of arms or legs
- Spells of inconsolable crying
- Lack of sequence or missing stages in motor development"<sup>1</sup>
- Severe bruising to face or skull
- Overlapping sutures

## LABOR AND DELIVERY

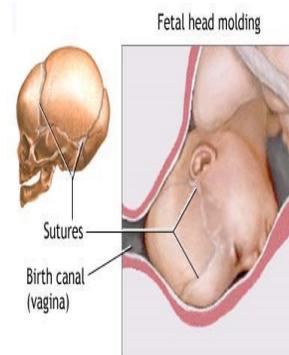
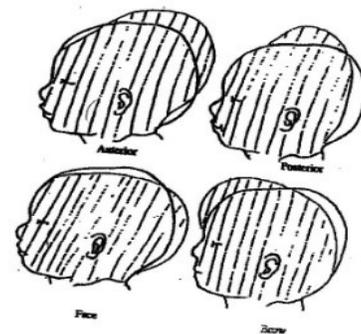
During the birth process, emerging from the flexed position of the womb requires a series of twists and turns through the birth canal. The birth process mobilizes each joint in the head and spine, and stretches all related musculature and soft tissue.

The infant's head meets considerable resistance from the mother's pelvic bones and muscles. During different points of labor, pressures on the head change according to the baby's position.

"It is the position in which the head spends the most time in the pelvis that determines the most enduring stress patterns after birth."<sup>2</sup>

The rotation and backwards bending required for the infant to emerge often cause the head and neck to become displaced in relationship to each other. Compromise in this area can contribute to a multitude of dysfunctions.

- Feeding or sucking problems
- Colic or periods of inconsolability
- Digestive issues including:
  - reflux
  - vomiting
  - excessive gas
  - constipationetc....
- Torticollis (wry neck)
- Plagiocephaly (misshapen heads)
- Ear infections
- Sinus congestion or infections
- Breathing difficulties including shallow breathing, asthma, respiratory congestion, etc.
- Tongue control, or speech and language difficulties
- Hyperactivity
- Hearing, auditory processing, or equilibrium problems
- Scoliosis
- Headaches
- Diminished immunity
- Poor self awareness
- Crossed or wandering eyes and other visual problems
- Cardiovascular concerns
- Dental occlusion
- Facial Assymetry
- Sensory Integration Dysfunction
- Developmental delays or learning difficulties



ADAM

Challenges during labor and delivery may additionally compromise the structures of the CranioSacral System, and thus disturb the nervous system within, interfering with its physiological development.

### Any of the following could be considered problematic<sup>1</sup>:

- Forceps or Vacuum extraction
- Cesarean section delivery
- Induction or acceleration of labor (ptocin, etc)
- Breech position
- Premature rupture or leakage of membranes
- Contractions stopped or slowed
- Severe slowing of baby's heart
- False labor before real labor began
- Very long (>18 hours) or very rapid (<3 hours) labor
- Epidural anesthetic
- Cord around the baby's neck

CranioSacral Therapy has tremendous benefits for improving overall health and wellness. It helps to relieve many excessive stressors which may have been endured, even in the most perfect birth.

It is a gentle, non – invasive, holistic treatment which strengthens the body's natural ability to heal. It helps to locate and dissipate sources of stress which may be affecting us in ways we may or may not yet be aware of.

It is a wonderful way to help your child experience a more balanced state of being. The benefits are remarkable even for those who are in good health. CranioSacral Therapy can have profound effects in helping people of any

*"After my 5 year old daughter started complaining that everything was "blurry" we had her eyes checked. She was diagnosed with 20/50 vision in her left eye and a tendency for her left eye to become "lazy" and roll away when doing close-up work... We started CranioSacral treatments for Mallory immediately. She had 5 treatments during the next month. The following week we went back to the eye doctor for a recheck and to see how the glasses were working. When they tested Mallory's eyes without the glasses, her vision was 20/20. And her left eye was no longer rolling outward. The eye doctor was clearly stunned. Then I told her about the CranioSacral and she agreed that it had helped Mallory's vision to the point that she now does not need the glasses." - S.L.*

References: 1.Frymann, Viola, DO,FAAO, FCA: Birth Trauma: The Most Common Cause of Developmental Delay, Osteopathic Center for Children  
2.Relation of disturbances of craniosacral mechanisms to symptomatology of the newborn: Study of 1,250 infants: Viola Frymann, M.B.,B.S.,D.O.,F.A.A.O. Journal AOA/vol.65, June 1966