

Migraines and CranioSacral Therapy

CranioSacral Therapy has been used successfully to relieve a variety of sensory and/or motor neurological dysfunctions. In addition to headaches, neck and back pain, it's been used effectively on jaw dysfunction, chronic fatigue, muscle coordination difficulties, depression, eye problems, hyperactivity, central nervous system disorders and many other conditions.

With migraines, of course, there can be multiple causes. Virtually anything that interferes with the autonomic nervous control of the blood vessels in the head can result in migraine. In general, CranioSacral Therapy does a very good job of normalizing autonomic nervous activity. It effectively mobilizes the membrane system within the head to take pressure off either the nerve that is controlling the blood vessel, or the blood vessel that may be causing the headache. It is also an effective stress reducer, which makes it particularly effective with migraines since they're often precipitated or triggered by stress.

Since I started using the method in the 70's, I've seen migraines and other types of headache respond well to CranioSacral Therapy. In my experience, within **5 to 10 sessions** you will either know the migraines are responding to the therapy or it will have fully corrected the underlying problem that led to the pain in the first place.

— *Dr. John Upledger, D.O.*