Effective treatment for adults and children with a wide range of medical problems associated with pain and dysfunction, including:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Colic
- Autism
- Central Nervous System Disorders
- Orthopedic Problems
- Traumatic Brain and Spinal Cord Injuries
- Scoliosis
- Infantile Disorders
- Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties
- Stress and Tension-Related Problems
- Fibromyalgia and other Connective-Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction
Myofascial Release is generally an extremely mild, gentle form of stretching that has a profound effect upon the body tissue. Because the fascia surrounds every other tissue and organ, an injury to one part of the body can put tension on adjacent or far away pain-sensitive structures. Through MFR, patients may experience a temporary increase in physical or emotional pain as the body reorganizes, achieving often remarkable improvement after just a few treatments.

CranioSacral Therapy (CST)

John E. Upledger, D.O., O.M.M., combined MFR concepts with Cranial Osteopathy to develop CranioSacral Therapy (CST), an approach that locates and effectively treats restriction in deeper tissues of the body. Because the tissues include the spinal canal, jaw and cranium, the approach is especially helpful with headache and TMJ (Temporal Mandibular Joint Pain). Gentle manual techniques release problem areas and relieve undue pressure on the spinal canal, jaw and cranium, the approach is with a greater degree of mind-body connection that is imperative for health and healing.

What you may experience during a session.

As the various layers of soft tissues throughout your body release and elongate, you may notice a variety of release signs. I will work with you to help you understand how, for example, releasing the cranial base may than produce a sensation in your jaw, which may then lead us to the next restricted area. Often it is hard to believe how one who may experience neck pain, as we release the tissues associated with the neck pain, it may than link up with a past knee injury. Your mind and body store memories of all events that have happened to you over time. These previous stressor to the body may be recalled, they are called Energy Cysts. Once an energy cyst is released or tissue release, the body is able to reverse the dysfunction and restore balance to the system, often alleviating the pain that came in with the original injury and any further restrictions that develop over time as either compensatory patterns in the soft tissues or other tissue memories tied in with posture that seem to almost maintain pain and interrupt our bodies abilities to heal and regain the function that had been lost due to the injury or disease process the body has experienced over time.

The bodies tissues hold memories of injuries, emotions associated with the injury, somewhat like a hard drive in a computer. Another example would be if you listen to a song from long ago, and it may trigger a memory or emotion. The body does a great job at restoring balance and health, we note this especially when we are younger, but as we age and accumulate years of “life” much of the time our bodies ability to recover slows down or doesn’t work like it use to. Thus, old injury patterns layered with all the stress and perhaps injury or disease processes we experience over time can make it very hard for the body to recover and regain functional health. Thus seeing multiple body systems involved, perhaps sleeplessness, pain, and a significant decrease in one’s ability to carry out functional daily demands, general anxiety and depression can result as our bodies tissues are full of compression. Compression = Depression.

This could describe a body stuck in survival mode vs experiencing daily life as it is intended.

The body may have developed some highly chaotic survival patterns that can significantly impaired a persons ability to perform ADL’s and IADL’s, a measure of one’s ability to perform functional activities of self cares, home making, sleep, and other daily functional demands necessary to live independently. Occupational Therapy performed in this manner helps the body resume its natural healing process, promoting awareness and greatly improved function. After a treatment, it may not be unusual to experience changes in your system up to 72 hours. Every individual is different, and every one has a different process to go through to attain the best possible functional outcome.

- Individualized Home Exercise Program
- Functional Postural Evaluation Program

Getting Started

- A physician’s order is required
- Insurance Card/Information
- Times available for therapy
- Medicare Accepted
- Most Insurances Accepted

If you have any questions, please call and I will help you in anyway I can.