

# Craniosacral & Myofascial Therapy



## Individual Care for the Whole Person

Craniosacral and myofascial therapies are gentle hands-on treatments that improve the functioning of the central nervous system, eliminate the negative

effects of stress, strengthen resistance to disease, and enhance overall health.

The craniosacral system consists of the membranes and fluid that surround and protect the brain and spinal cord. It extends from the bones of the cranium (skull, face and mouth) down to the sacrum, or tailbone area. The extremely light touch involved in the application of craniosacral therapy makes it a safe approach for adults, as well as children, infants and newborns with early traumas.

Since this vital system influences the development and performance of the brain and spinal cord, an imbalance or restriction could potentially cause any number of sensory, motor or neurological disabilities.

Craniosacral therapy helps to alleviate a range of illness, pain and dysfunction, including:

- Chronic neck and back pain
- Motor-coordination impairments
- Stress and tension-related problems
- Chronic fatigue
- Orthopedic problems
- Infantile disorders
- Learning disabilities
- Seizure disorders
- Many other conditions

Craniosacral and myofascial therapies improve the functioning of the central nervous system.

Myofascial therapy addresses dysfunction in the body's complex system of connective tissue. This therapeutic approach results in increased flexibility of the soft tissues.

Saint Anne's Rehabilitation Services offer craniosacral and myofascial therapies. Services are provided by a staff of physical and occupational therapists specifically trained by the Upledger Institute, a health resource center known worldwide for innovations in research and therapeutic services.

## **INTERPRETER SERVICES AVAILABLE**

### ***Portuguese - Português***

Fala Português? Vamos oferecer-lhe um intérprete gratuito.

### ***Spanish - Español***

¿Habla español? Le proporcionaremos un intérprete sin costo alguno para usted.

Steward Health Care complies with applicable Federal and State civil rights laws and does not discriminate on the basis of race, color, national origin, gender, sexual orientation, religion, disability or age.

Services are covered by most insurances.  
For more information, call:

Outpatient Rehabilitation Services  
of Saint Anne's Hospital  
222 Milliken Boulevard  
Fall River, MA 02721  
508-646-9470

**Saint Anne's Hospital**

A STEWARD FAMILY HOSPITAL

Steward