

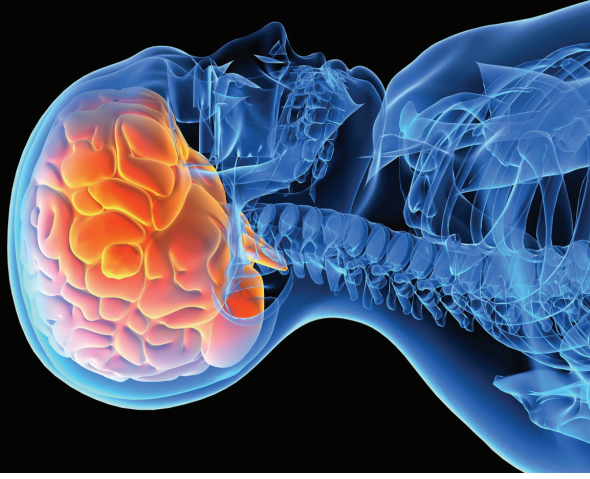
Osteopathy in the Cranial Field

It has long been thought that the bones of the skull fuse together as we grow but in fact it has been found that small amounts of movement occurs between them.

The head expands and contracts rhythmically at a rate of approximately 12 times per minute. Changes to this rate or restrictions occurring in the movement between the bones have been associated with many different health problems such as; headaches, sinusitis, ringing in the ears, problems with balance, chronic fatigue, sleeping difficulties and depression. It has also been associated with asthma,

hyperactivity and learning difficulties in children and feeding difficulties, sleep disturbances and irritableness in babies. Strains can also occur to these bones in infants and children before, during and subsequent to the birth process due to a variety of reasons such as, the duration and type of delivery.

Osteopathic treatment has been shown to be beneficial in all of the above conditions through a variety of techniques, cranial osteopathy being one of them. Because the movements between the bones are very small, the technique also involves very small gentle but specific movements, which at times may feel as though no treatment is being given even though there is improvement of the condition.



The expansion and contraction can be felt throughout the whole body and any changes to this may also be associated with a variety of health problems.

Cranial osteopathic technique can be applied to anywhere on the body and have effective results.

Osteopathy believes that good movement correlates with good health and correction of any movement problems can lead to improvements in health.

Cranial osteopathy may be just the thing you have been looking for if you or your child is suffering from any condition and all else has failed.