

CranioSacral Therapy Aids Recovery

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By Dr. Derek Conte

Carol is a 41 year old doctor who, after suffering three head injuries in close succession, was forced to give up her chiropractic practice. The last fall she sustained was on the side of her head in 2001 while roller-blading at high speed. She had always been extremely athletic, but now could no longer compete in her beloved triathlons, marathons or cross-country mountain runs. Now, working as a sales rep, she presented to our office with significant complaints: 1) Severe vertigo (balance) and depth perception problems - she couldn't judge the distance of the stairs without looking down and every time she tilted her head forward or back she'd get very dizzy and risk falling down. 2) Her sense of direction was ruined. She frequently got lost while driving to sales appointments and always had to have a companion on long hikes so she wouldn't get lost on the trails. 3) She also had difficulty "finding the right words" in normal conversation. In short, Carol's world had closed down around her.

It was hard to imagine how she was coping. Her neurologist was unable to help. In fact nothing she tried, chiropractic included, seemed to help. When we examined her it appeared that Carol's brain was more involved than her peripheral nerves, so we decided to try **CranioSacral Therapy**, a very gentle technique designed to restore normal movement and alignment to the bones of the **cranium** (skull) and the **sacrum** (tailbone), which together, act as a pump to move vital **cerebrospinal fluid** (CSF) around and through the brain and spinal cord. The CSF bathes, nourishes, protects and maintains brain and spinal cord function. CSF is a highly specialized fluid filtered from blood plasma. Proper CSF flow is critical to normal brain and cord function.

We set to work using **CranioSacral Therapy**. After the first 30-minute session, Carol was very sick for two days. During the second session she said she "felt a strong urge to cry" but felt "very peaceful" afterwards, not wanting to listen to music as she usually did in her car (I wonder if we sometimes try to drown our pain with distractions of all sorts). An hour later she felt, "very clear, steady and very energetic".

The next day Carol rode her bike for 22 miles with no balance problems. By the third session she had biked another 35 miles and was able to take her eyes off the road to reach for her water bottle, which before would have caused her to badly lose her balance.

By the fourth session Carol had hiked, unaccompanied, on a complicated trail and did not get lost. "My thinking process was present", she said. By the sixth session she was training regularly and completed a very technically challenging trail run in 2 hours and 38 minutes - 35 minutes better than her all-time best when she was in much better condition. She attributed the improvement to being "better able to mentally assess and navigate obstacles".

By the ninth session, Carol was now able to "find the right words" in conversation. By the twentieth session she could climb or descend the stairs without looking down. She had gotten nearly all of her function back. All it took was a light touch.

Dr. Derek Conte is a founding member of the Chiropractic Specialists on Concord Rd. in Smyrna.

Questions? Call: 404-784-6008, or visit drderekconte.com for photos, articles and more.