



Evaluating the Craniosacral Rhythm

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In a previous article, I introduced you to the Craniosacral rhythm (CSR), a subtle physiological rhythm arising from the production and flow of cerebrospinal fluid through the delicate tissue of our brain and spinal cord. While not as obvious as our heartbeat or breath, the CSR can be felt and evaluated just like these other rhythms and used to gain information about a client's present and past health history. I use this rhythm during every session to gain information about their soft-tissue restrictions, to gauge the depth of release as it is occurring, and to evaluate when a release has been completed.

When I begin a session with a client, I am able to assess the areas and structures that are functioning optimally. They will exhibit a strong and more balanced CSR, whereas restricted or impeded areas will demonstrate a compromised CSR. Some conditions that compromise the CSR include scar tissue from injuries and surgical procedures, infections, as well as compression from repetitive motions in different parts of the body. Even a lack of activity can cause a compromised CSR due to the restriction in movement over time.

As an example, stress can present with symptoms of a tension headache more commonly than symptoms of abdominal discomfort. Abdominal symptoms due to stress can be subtle and are often overlooked. Stress in this case, can present in a Craniosacral session as a restriction of the CSR in the cranium (resulting in the headache), yet, a *significantly lower* CSR can exist in the abdomen, which may actually not manifest in overt symptoms such as a headache. In other words, overt symptoms in one area of the body may not directly correlate with the degree of CSR restriction in that area, it may actually be in another area altogether! In this case, the significantly lower CSR restriction in the abdomen (where visceral emotions are stored), and common during stress, would be the area of primary restriction that would need restoration to actually release the tension headache! Clients are often surprised as to how quickly their headache resolves when the CSR restriction in their abdomen is restored.

Our bodies store the psychological amplitude of stress and anxiety. The saying, "The issue resides in the tissue," applies directly to the CSR. Areas and structures of our body that hold excess stress often display a diminished CSR just like a physical injury would restrict the tissues around it. Releasing stress in the soft tissues by restoring the CSR can provide great benefit to restore all levels of well-being, and heal the primary areas of the body where stress may cause restriction.

Give Craniosacral therapy a try! It is a great stress reliever and can add resilience and well-being to your overall health. You may be surprised by how much more energy you will feel after a just a few sessions!

©August2021, Emily Klik, LMT, CST is a CranioSacral Therapist at Ommani. She sees clients who are free of symptoms on Tuesdays, Wednesdays and Thursdays. Call our office at 262.695.5311 to schedule an appointment.