



craniosacral institute of michigan, llc

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ADHD

Literally every week a parent or grandparent calls our clinic with the same statement and question: “[someone] told me about this craniosacral therapy and that it could help my child/grandchild with ADHD/ADD. What is this and how can it help my child?”



Vanessa Cayle, MSPT has been a physical therapist since 1994. She is a Certified Instructor in Frequency Specific Microcurrent and an instructor of CST. She teaches and presents both locally and nationally. She is the owner and director of the CranioSacral Institute of MI, LLC.

Craniosacral therapy is therapy directed at improving the function of the craniosacral system. So what is the craniosacral system, you ask? The system is the physiologic system of your cerebrospinal fluid. That is the fluid that surrounds the brain and spinal cord. Restrictions or alterations in the system reduce the fluid’s ability to nourish the brain and spinal cord as well as remove waste products from the tissues.

Craniosacral therapy (CST) is a hands-on technique to evaluate for these restrictions and treat them. Treatments are very specific, very light, and very effective. Many think of the therapy as a massage technique. However, although very basic CST techniques are taught in most massage schools, it is much closer to manual therapy techniques used by physical (PT) and occupational therapists (OT), and osteopathic physicians (DO). Dr. John Upledger, DO developed the curriculum most commonly referred to as CST. These and other techniques were born of osteopathy and there are now many different forms of cranial based interventions including Sacro-Occipital Technique, Integrative Manual Therapy and Biodynamic Cranial-Sacral Therapy. Techniques may be performed by specially trained massage therapists, PTs, OTs, physicians, chiropractors, nurses, or dentists. Some curriculums even teach techniques for parents to treat their own children. Finding a therapist trained in Upledger’s curriculum of CST can be found at the website www.iahp.com or through www.csiofmi.com.

How can CST be applied to ADHD/ADD? Clinically we find a typical area of restriction in the upper neck where the neck meets the head. We find a “jamming” of the occiput (the head/cranial bone at the base of the skull) onto the first cervical vertebrae. Releasing this restriction can usually be accomplished in 6 sessions or less, with some responding after only 1-3 sessions. The first research project with ADHD/ADD and CST was done by Dr. J. Upledger, DO, with “hyperkinetic” children in the early 1980’s here in Michigan. The results were astounding and validate what we continue to see clinically today. In his study, these children (all on Ritalin) were able to eliminate or reduce all symptoms of “hyperactivity” with 5 sessions or less of CST. Approximately 85% completely stopped Ritalin use, while an additional 13% significantly reduced its use.

We strongly support a complete and holistic approach that may also include: nutritional support and healthy nutrition choices including use of Essential Fatty Acids, naturopathy, homeopathy, and chiropractic care. CranioSacral Therapy is just one of these gentle, safe, and effective approaches to the ever growing incidence of ADHD/ADD.

Effective and natural options DO EXIST.

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