What is CranioSacral Therapy?
CranioSacral Therapy (CST) is a gentle, noninvasive, hands-on treatment modality that encourages the body’s inherent self-healing capabilities. CST uses light touch to relieve tension in the membranes that protect the brain and spinal cord and improve the flow of the fluids in and around the central nervous system. This promotes a feeling of well-being, stimulates deep relaxation, alleviates pain and boosts overall health.

What should I expect?
CST sessions are performed with the patient on a massage table. Comfortable clothing may be worn. The therapist uses light touch of the patient’s body. Typical treatment sessions last for an hour. It is recommended that the patient initially schedule three sessions once a week for the therapy to have the maximum opportunity for success.

To schedule or for more information contact:
Aurora Wiselives Center
8320 Bluemound Rd.
Suite 125
Wauwatosa, WI 53213
T: 414-302-3800

Conditions CranioSacral Therapy can help relieve include:
• Anxiety and panic attacks
• Autism
• Brain and spinal cord trauma
• Central nervous system disorders
• Chronic neck and back pain
• Myofascial pain
• Fibromyalgia and chronic fatigue
• Migraines and headaches
• Post-traumatic stress disorder
• Scoliosis
• TMJ disorder