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What is needed is a large study in which sham "craniosacral" treatments are provided in a very similar manner, meaning hand placements, duration, force, etc but by untrained clinicians. A large number would be needed, a statistician should be consulted. The other group of course would be craniosacral therapists. Pre and post pain and functional outcomes would be measured. Long term results should also be addressed; how are they say 3 months post treatment?

I think that something therapeutic can indeed happen when one is given an opportunity to deeply relax and become more aware of their own bodies. Thus, if CS therapy were marketed as a deeply relaxing method, maybe there would be more clinical honesty at the start. I think that we have a moral obligation to communicate with our clients at the start that this is not standard Physical Therapy, etc. On rare occasions I may consult and the client may travel to see me. I always give them the option of seeing someone local who utilizes the traditional approach versus my approach to the pelvis/sacroiliac joint. When the see me- it gets video taped. Not a luxury that all clinics can provide.

Cheers

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