

Clinical Discoveries

Through the on-going use of CST during pregnancy and delivery the following clinical findings have been noted.

- CST has been able to be used instead of Pitocin to both start and/or augment labor.
- Adequate progress for the Active Phase of the First Stage of Labor (4-10 cm dilation) – 1.0 cm per hour – mothers receiving CST have not shown any evidence of prolonged labor.
- Infants born to those mothers who have received epidurals have shown non-negative effects of the epidural.
- While having a baby quickly may imply more efficiently, while our average second stage (time pushing) is less than without CST, speed is not necessarily a sought after goal. Optimizing whatever time it takes IS the goal.
- None of the babies born have required resuscitative efforts.
- Common phrases used by mothers after first few weeks include: “good babies, alert, not fussy, at peace with him/her, calm.”
- Mothers report recovering more quickly and that the adjustment to motherhood is not difficult, or not as difficult compared with the birth of their other children.
- Breastfeeding seems to be more easily accomplished and parents seem to be enjoying their children more.
- Employing the techniques we have developed appear to be producing consistent, predictable results.
- Applying CST in the first labor and deliver appears to heal the mother through subsequent labors and deliveries (positive use of cellular memory?).
- Involving siblings strengthens bonds between newborns and siblings.

“The gentle work of CST during pregnancy relieved my physical complaints, helped me prepare mentally and emotionally for childbirth, and allowed me to connect more deeply with my baby. I am so thankful to have discovered this treatment during my pregnancy, as it has helped me tremendously.”

— M.D., Hanford, CA

How Many Sessions Does It Take?

It's no wonder children respond so favorably to CranioSacral Therapy. Because of a child's still-developing physiology, the central nervous system is especially accepting of this effective therapy.

Even a single session can help your child achieve priceless benefits, from calmness and greater focus to better integrated sensory facilities. Additional sessions can extend and strengthen these outcomes, often producing results unmatched by other therapies.

What Does It Feel Like?

A typical CranioSacral Therapy session takes place in a quiet setting with the child resting at ease on a massage table or even engaged in play.

Using a light touch — generally no more than the weight of a nickel — the therapist monitors the rhythm of the fluid that's flowing around the central nervous system to detect potential problems. Delicate hand-on techniques are then used to release any tensions that may be affecting your child's brain and spinal cord.

A session can last from 15 minutes to more than an hour. The result is a central nervous system free of restrictions and a body that's able to return to its greatest levels of health and performance.

**Call Your CranioSacral Therapist
For An Appointment Today**

Ui UPLEDGER
INSTITUTE
INTERNATIONAL

From Our Hands to Yours

11211 Prosperity Farms Road, D-325

Palm Beach Gardens, FL 33410-3487

800.233.5880 • 561.622.4334 • Fax 561.622.4771

www.upledger.com

©The Upledger Institute International, 2012. New 9/12 P-DCCPB

Printed on recycled paper with vegetable-based inks.

D
I
S
C
O
V
E
R

CranioSacral Therapy for Pregnancy & Birthing

The
Healing
Power Of
A Gentle
Touch

Ui UPLEDGER
INSTITUTE
INTERNATIONAL

Discover CranioSacral Therapy for Pregnancy and Birthing

CranioSacral Therapy (CST) as developed by Dr. John E. Upledger is a gently hands-on approach that works through the craniosacral system to alleviate a range of disorders and to improve health. Because of the non-invasive nature of the modality, it has virtually no negative side effects. Under that premise that the human body wants to correct (heal) itself, and that both mother and baby (fetus) know what needs to be undertaken to affect a successful delivery, we have applied CST to the process of pregnancy, labor and delivery. As the pregnancy progresses, CranioSacral techniques are employed which focus on the mother and baby as individuals concurrently while functioning as one. The results have significantly demonstrated that the process is facilitated and the outcomes are improved.

Complementing traditional methods of prenatal care with appropriate use of CST may preclude the need for other more invasive technique. CST may also ease the recovery from necessary invasive procedures.

Practitioners who offer CranioSacral Therapy for Conception, Pregnancy and Birthing specialize include osteopathic physicians, doctors of chiropractic, doctors of Oriental medicine, naturopathic physicians, physical therapists, occupational therapists, massage therapists, rolfers and other licensed body workers.

CranioSacral Therapy Benefits

CranioSacral Therapy strengthens the body's ability to take better care of itself. It helps alleviate a range of illness, pain and dysfunction, including but not limited to:

- Chronic Neck, Back and Joint Pain
- Headaches and Migraines
- Morning Sickness
- Stress and Tension-related Problems
- Fatigue
- Emotional Difficulties
- Many other conditions related to pregnancy and their effects on mother and child as the pregnancy develops.



What Mothers Are Saying about CST

“Through a combination of ideas including the use of CranioSacral Therapy, I found I was able to recover from my delivery within hours as compared to the weeks that it took with my previous two pregnancies.”

— C.C., Lemoore, CA

“One of the greatest gifts of CranioSacral Therapy is the blending and healing of body, spirit and soul.”

— V.S., Washington, MI

“CranioSacral Therapy as part of my prenatal care has immediately resolved a variety of discomforts associated with pregnancy. While this is my first pregnancy, my relief has been sustained with no recurrence of the symptoms. Feeling so much more comfortable, I feel it is allowing me and my baby the best pregnancy possible.”

— T.O., Lemoore, CA

What Healthcare Professionals Are Saying about CST

“As the former Commanding Officer of Naval Hospital Lemoore California, I had the distinct pleasure to welcome Carol McLellan into our facility as a CranioSacral Therapist. I was able to observe first-hand the positive impact that CranioSacral Sacral Therapy (CST) had on the health care of our patients and made me a true professional supporter of this therapy. In fact, I am now such a strong proponent of CST that I will go on the record to say that it is essential for CST to be integrated into mainstream hospital practice.

Carol McLellan initially introduced CST in our hospital to our expecting parents in the prenatal setting and on the labor and delivery unit. Our patients who had CST during their labor loved their birth experience. The benefits to mother and infants are numerous.”

— Sandra L. DeGroot, RN, CNM, MSN
CAPT, Nurse Corps USN, Retired