

## CHIROPRACTIC CRANIAL ADJUSTING (AKA CRANIAOPATHY)

Chiropractic cranial adjusting is the art and science of restoring normal function to the cranial/dural-meningeal mechanism and the movement of cerebrospinal fluid (“*We may regard the CSF as the equivalent of a lymphatic system, carrying away from the cranial and spinal systems substances that would not be able to leave at significant rates otherwise.*”) Since 80% of the central nervous system is located in the brain, correcting cranial imbalances are paramount to a total health care approach. We at Wellesley Chiropractic Office offer a very specific and safe system for restoring normal cranial functional mechanics and neurological balance. Many issues that are not responding to spinal care alone are facilitated by the addition of cranial adjusting procedures. ADD, ADHD, seizure activity, sinus issues, TMJ/TMD, migraines, learning disabilities, plagiocephaly, and other conditions can be helped with proper chiropractic spinal and cranial care.



Dr. Martin and Erin Rosen are certified experts in craniopathy and teach chiropractic cranial adjusting nationally and internationally.

“There is a normal natural dynamic tension which is present in the function of the neural tissues within the brain and spinal cord. These tensions are maintained through positions and connections existing in and around the neural substance via the pia mater and dura mater”

*Breig A, Adverse mechanical tension in the central nervous system. New York, NY: John Wiley & Sons; 1978: 11-53.*

The cranial vault is composed of five main flat bones separated by joints known as the cranial sutures. These sutures are composed of fibrous connective tissue and act as the main sites for cranial growth during development. Sutures provide flexible joints for passage through the birth canal, act as shock absorbers, prevent separation of the cranial bones, and accommodate room for the rapidly growing brain. With the exception of the metopic suture, **human sutures normally do not fuse until the third or fourth decade of life.**

The dura connects to the inner periosteal membrane of the skull and passes through the sutures to form the outer periosteum of the cranium. Abnormal dural tensions interfere with normal cranial bone motion and with free blood flow through this venous sinus system.

“Interference with the venous sinus drainage may result in increased intracranial venous back pressure which will then reduce normal fresh blood delivery to the brain. It may also raise CSF pressure..... thereby interfere with the normal movement of this vital fluid through the ventricular system of the brain.....” Accordingly, movement of the scalp and/or cranial bones would be reflected in the dura and vasculature.”

*Upledger J, Vredevoogd J, Craniosacral Therapy Seattle WA: Eastland Press 1983. Retzlaff EW, Michael DK, Roppel RM, Mitchell F, The structure of cranial bone sutures J Am Osteopath Assoc 1976;75:106-7.*