

## Craniosacral Therapy

Craniosacral Therapy works by helping the body's natural mechanisms dissipate the negative effects of stress on the central nervous system. This is accomplished through utilizing a physiological body system called the craniosacral system, which maintains the environment in which the central nervous system functions. The role of this system in the development and performance of the brain and spinal cord is so vital that an imbalance or dysfunction in it can cause sensory, motor and/or neurological disabilities. Like the pulse of the cardiovascular system, the craniosacral system has a rhythm that can be felt throughout the body. Using a touch generally no heavier than the weight of a nickel, skilled practitioners can monitor this rhythm at key body points to pinpoint the source of an obstruction or stress. Once a source has been determined, they can assist the natural movement of the fluid and related soft tissue to help the body self-correct. This simple action is often all it takes to remove a restriction. Other times, CST may be combined with other complementary therapies to help restore the body to its optimum functioning level.

Because of its influence on the functioning of the central nervous system, CST can benefit the body in a number of ways—from bolstering overall health and resistance to disease to alleviating a wide range of specific medical conditions. CST is beneficial to those with head, neck or back injuries resulting from an accident—be it from a car, sports or work mishap, or from a fall. The extremely light touch involved in the application of CST makes it a safe approach as well for children, infants and newborns with early traumas, including birth trauma. They especially can benefit from the timely identification and of restrictions in the craniosacral system, thereby preventing future difficulties, such as learning disabilities or hyperactivity. Another area of principal effectiveness is with stress-related dysfunctions. Insomnia, fatigue, headaches, poor digestion, anxiety and temporomandibular joint (TMJ) dysfunction are just a few examples.

CranioSacral Therapy works to reverse the debilitating effects of stress by providing the conditions in which the nervous system can rest and rejuvenate. In fact, it's this capacity to reduce stress that's leading an increasing number of people to include CST as part of their wellness routines. Other conditions for which CranioSacral Therapy has shown to be effective are various sensory disorders. Among these are eye-motor coordination problems, autism, dyslexia, loss of taste or smell, tinnitus, vertigo, and neuralgias.

## Watsu (In-Water Massage)

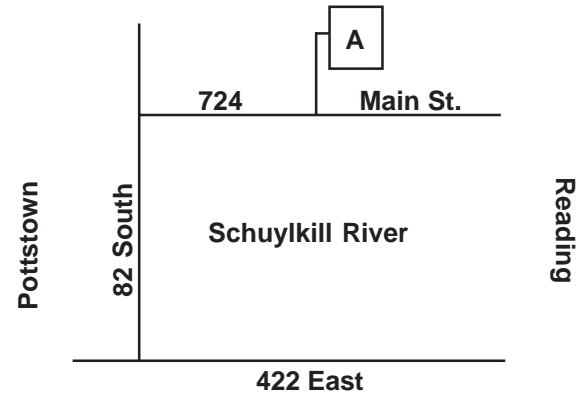
Watsu is done in a warm water pool with the recipient's entire body supported by the surrounding water with added support provided by the therapist. As the recipient is held and moved through a series of stretches and rotations, tension in holding or "guarding" muscles begins to release, allowing the muscles to relax and become more receptive to additional healing bodywork. Warm water increase the superficial blood circulation as the body is moved gently through the water resulting in decreased pain and increased pliability of soft tissues which, in turn, allows for greater range of motion. The warm buoyant water also releases weight and pressure from joints and the surrounding network of nerves particularly in the spinal area. Freed in this manner, the spine can be moved in ways impossible on land. Experiencing this greater freedom in the water can impact positively on the emotions, allowing the receiver to face life out of the water with greater equanimity and acceptance.

Other benefits include: deeper breathing, thus increasing the supply of oxygen to the blood; improved posture; reduced anxiety; increased body awareness; release of emotional stress and improved sleeping patterns.

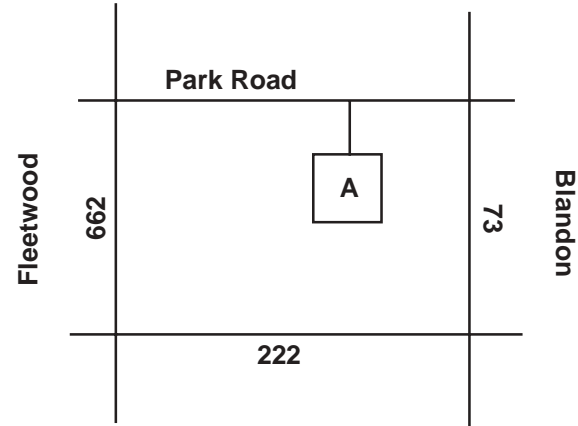
Conditions addressed by Watsu include: subacute pain, chronic pain, neuromuscular disorders, head injury, soft tissue dysfunction, chronic headaches, chronic fatigue, hyperactivity, stress related disorders, depression, and sleeping disorders.

## Locations:

### Birdsboro:



### Blandon:



We reserve the right to charge for appointments cancelled or broken without 24 hour advance notice.

## The Muscle Therapy Center



at **AQUABILITIES**  
Aquatic & Physical Therapy Centers

Swedish & Therapeutic Massage

Pfirmer Deep Muscle Therapy

Lymphatic Drainage Therapy

Mechanical Link Therapy

Cranial Sacral Integration & Therapy

Watsu - In-Water Massage

**Birdsboro**  
320 West Main St.  
Birdsboro, PA 19508  
610-582-2348

**Blandon**  
825 Park Rd.  
Blandon, PA 19510  
610-944-9500

The  
Muscle Therapy Center  
at



We offer each of the following modalities to help reach the client's goals. In each case, the therapist using the modality has been professionally trained and certified.

### Swedish & Therapeutic Massage

The term "massage" is applied to a variety of bodywork techniques. However, the most common and basic is Swedish massage. Swedish massage was developed in Sweden in the late 1700's as a method of improving the overall health and physical activity of the body. This form of massage became the foundation of much of the European therapeutic bodywork that developed during the years following, evolving into what today is called "physical therapy." Therapeutic massage is a form of Swedish massage which has relaxation as its goal.

Depending upon the techniques used massage can have the following physical effects: it increases metabolism, hastens healing, relaxes and refreshes the muscles, and improves the detoxifying functions of the lymphatic system. Massage can also help to prevent and relieve muscle cramps and spasms and can improve circulation of blood and lymph, thereby improving the delivery of oxygen and nutrients to the cells as it enhances the removal of metabolic wastes. Since blood carries nutrients to the skin, massage is beneficial in keeping the skin functioning in a normal, healthy manner. Massage therapy is also effective in pain management as it relates to arthritis, neuritis, neuralgia, whiplash, sciatica, headache, muscle spasms and other similar conditions.

Psychologically, massage relieves fatigue, reduces tensions and anxiety, calms the nervous system, and promotes a sense of relaxation and renewed energy.

In recent years massage in general has evolved from the mostly "feel good" relaxation experience to the point of being a legitimate therapeutic approach for a number of physical and psychological conditions. It is becoming a more prominent therapeutic modality due to the public's increasing desire for therapies that are effective, less drug-related in nature, and that offer more chances for the client's participation in their own healthcare. Today's healthcare professionals are now including massage, as well as muscle therapy, among the selection of resources they offer for the treatment of patients.

### Pfrimmer Deep Muscle Therapy

Pfrimmer Deep Muscle Therapy (PDMT) is a highly refined system of corrective treatment designed to aid in the restoration of damaged muscles and soft tissue throughout the entire body. Using a specific series of cross-tissue movements applied to the muscles, a fully trained PDMT therapist concentrates on all layers of muscle that have become depleted of their normal blood and lymphatic flow. PDMT acts to restore the circulation of blood and lymph, thus bringing in natural healing properties.

*PDMT establishes a foundation for corrective bodywork upon which other trouble-shooting techniques may be added. It has been proven valuable in preventing as well as correction of many serious muscle conditions.*

*Some of the benefits of PDMT can include: relief of muscle pain, correction of damaged muscle fiber, break up of scar tissue, release of nerve entrapment, reduction of edema, improvement of joint mobility, restoration of health to damaged ligaments and tendons, release of tissue adherency, improvement of circulation on a cellular level, release of respiratory restrictions and congestion. PDMT can be effective in addressing many conditions including: arthritis, carpal tunnel syndrome, poor circulations, sciatic pain, fibromyalgia, tendinitis, bursitis, whiplash, headaches, neck and back pain and muscle and joint pain.*

### Lymphatic Drainage Therapy

The proper functioning of the lymphatic system is critical to our body's ability to drain fluids, detoxify, regenerate tissues, filter out toxins and foreign substances, and maintain a healthy immune system. If lymph circulation stagnates, toxins accumulate and cellular functioning is compromised, opening the way to physical ailments. Lymphatic Drainage Therapy (LDT) is an original hands-on method of lymph drainage developed by Bruno Chikly M.D. that offers a highly efficient approach to working with the body's fluid system.

Using exact anatomical science and distinctive manual processes, LDT enables trained therapists to detect the specific rhythm, direction, depth and quality of lymph flow. The subtle manual maneuvers of LDT help recirculate the lymphatic flow, activate fluid circulation and stimulate the functioning of the immune and parasympathetic nervous systems. The techniques include light, gentle touch and are very comfortable to receive.

Due to the nature of the lymphatic system and its role in the body, LDT can prove beneficial in the correction of numerous conditions, as well as a useful tool in preventive health maintenance. The positive results that may be achieved using Lymph Drainage Therapy include: stimulation of fluid circulation to improve edemas (swelling) of numerous origins and venous conditions, absorption of toxins and deep cleansing of the body to promote detoxification, regeneration of tissues from burns and scars (pre- and postsurgical), rejuvenation, anti-aging effects, alleviation of wrinkles, and reduction in the symptoms of chronic fatigue syndrome and fibromyalgia, stimulation of the immune system for preventative health maintenance as well as relief of chronic and sub acute inflammations and conditions such as sinusitis, acne, eczema, and allergies, absorption of fat molecules to alleviate adipose and cellulite, deep relaxation and rhythmic effects to help in cases of insomnia, stress, depression, loss of vitality and loss of memory (sympatholytic effects).

### Mechanical Link Therapy

Developed by French osteopath Paul Chauffour, Mechanical Link is a manual therapy that addresses tension in the fascial system—that complex web of connective tissue that affects all other body systems. To enable the body to adapt to its everyday demands, a dynamic balance is always taking place in the extensive, elastic fascial system. When the body's ability to compensate becomes overwhelmed by physiological or traumatic stress, however, the tissues can produce patterns of tension. The goal of Mechanical Link is to locate and reduce the major structural lesions within each body system that cause and maintain tension throughout the rest of the body. Then the therapist can discover which of the primary lesions is dominant, affecting all other lesions. Once the dominant lesion is effectively eliminated, the body is able to readjust itself and adapt to newly regulated systems.

Mechanical Link encompasses one of Paul Chauffour's unique contributions to manual therapy: The Inhibitory Balance Technique. This simple, effective tool allows the therapist to hierarchize the patient's physical problems by determining which body restrictions require therapy and which do not. Dealing with the primary restrictions allows total-body correction of soft-tissue and joint problems through an efficient therapeutic process.

The Energy Recoil System is another innovative technique that includes a gentle, six-level approach which helps attain comprehensive soft-tissue as well as joint mobility—without force. Recoil can affect all aspects of physiological balance as the body adjusts to increased structural mobility.

Mechanical Link addresses the following body systems: ligaments and joints of the pelvis, sacrum, spine, coccyx, occiput, arms, legs, and rib cage; sutures and membranes of the cranium; viscera, including the cervicothoracic, abdominal and pelvic regions; soft tissues, including diaphragms, crus of the diaphragms, thoracic inlet and skin.