



Craniosacral Therapy

John E. Upledger, Jon D. Vredevoogd

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Craniosacral Therapy is the most practical, comprehensive textbook in this rapidly growing field of therapy involving the cranial bones, meningeal membranes, cerebrospinal fluids, and whole-body connective tissues. Craniosacral Therapy defines the physiology and anatomy of the craniosacral system, its function in health, and relationship to disease processes. It provides practical instruction in developing and extending palpatory skills which will greatly benefit all forms of manipulation, as well as basic physical diagnosis.

Two hundred drawings and photographs illustrate the mechanisms underlying the craniosacral system, and vividly demonstrate how to perform craniosacral techniques in the clinic.

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