



SYNERGY

SPORTS & CORRECTIVE  
MASSAGE LLC.™

## **Cranial-Sacral Therapy with Myofascial Release**

Cranial-Sacral Therapy (CST) with Myofascial Release (MFR) is a systemic and systematic series of treatments which effectively alleviate symptoms of acute and chronic conditions. The practitioner gently and safely works with the spine and the skull and its cranial sutures, diaphragms, and fascia (the connective tissue layer throughout your body). CST with MFR can optimize movement of cerebrospinal fluid through the spinal cord, ease restrictions of nerve passages, and promote holistic well-being.

### Adolescents and Adults

- \*Digestive Problems
- \*Headaches and Migraines
- \*Contracted Muscles
- \*Connective Tissue Restrictions
- \*Temporomandibular Joint Disorder (TMJ)

### Infants, Babies and Children

- \*Colic
- \*Acid Reflux
- \*Neck Restriction (Torticollis)
- \*Asthma
- \*Sinus Congestion

**Synergy** has achieved identifiable success and positive outcomes with CST and MFR. As with all forms of therapy, however, there are instances when symptom resolution is not fully achieved. Each client will respond differently to this form of treatment.

Your course of therapy is determined through an evaluation and assessment process and may be modified during the course of your treatment. Clients should expect their first visit to involve a comprehensive evaluation, including taking of a medical history, and performing physical assessments, which may include muscle testing, gait analysis and palpation, as well as other investigative techniques. This is a critical step towards accomplishing our goal of providing the safest, most effective treatment to achieve maximum benefit for our clients.

We offer a comprehensive list of treatments and specific techniques, including but not limited to Sports, Pfrimmer Deep Muscle Therapy®, Trigger-Point, Deep-Tissue, Muscle-Energy Techniques, Myofascial Release, Structural Integration, and Range-of-Motion.

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