Impact of Brain Injury on the CranioSacral System (Slides 22-26)

- Impaired movement of CSF
  - Still point induction
  - Cranial pumping
- Fight or Flight/ Autonomic Dysfunction
  - Can try respiratory diaphragm release and occipital cranial base release
  - Still point induction (Chernick, 2011)
  - Positive effects on heart rate and autonomic system functioning with individuals with subjective discomforts (stress, sleep latency, nervousness, weakness or restlessness) in study by Girsberger, et al., (2014).
- Thoracic Inlet Restrictions
  - Neck and Shoulder Pain
- Hyoid Restriction
  - Can result in TMJ dysfunction, difficulty swallowing, speech-voice problems, headaches and muscle tension
- Occipital Cranial Base Restriction/Jamming: Occiput, Atlas, and Axis (C 1 & 2)
  - Can impede CSF flow and result in headaches, cranial nerve compression including vagus nerve dysfunction, upper shoulder and neck pain
- Dural Tube Restrictions
  - We may see: Hyperkinesis, headaches and migraines, increase sympathetic responsivity, blood flow restrictions, "sacral concussions", psychological symptoms
- Frontal Bone Compression
  - We may see headaches/migraines, sinus problems, result of head trauma, sacral concussions
  - Frontal Lift
- Parietal Compression
  - We may see: Headaches/migraines, blackouts and syncope, TIAs, STM difficulty
  - Parietal Lift with Traction
- Sphenoid Compression
  - CN II, III, IV, V, VI involvement
  - Headaches, neck pain, migraines, sinusitis, visual symptoms including oculomotor dysfunction and strabismus
  - Can impact reticular activating system (sleep/wake cycles)
  - Within CST we compress the sphenoid and then decompress the sphenoid to release the restriction
- Temporal Compression
  - We may see: Headaches, migraines, vestibular problems, tinnitus, dyslexia and dyscalculia, CN 3-11, TMJ dysfunction, Reticular Activating System dysfunction
  - Occipital Mastoid Release & Resynchronization
- Temporomandibular Joint Compression or Misalignment
  - We may see: same symptoms as temporal compression
  - TMJ Compression and decompression technique
  - Manual decompression, self help technique