



## CRANIOSACRAL THERAPY

C A R I N G   P A R T N E R S   I N   H E A L I N G

### WHAT IS CRANIOSACRAL THERAPY?

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Craniosacral Therapy (CST) is a holistic approach that integrates science with gentle manual therapy. CST uses light manual techniques to manipulate soft tissues and fluids surrounding the brain and spinal cord. By easing tension in these tissues, we support the body's ability to self-regulate and help you achieve your best health.

### PART OF YOUR PT PROGRAM

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Along with joint and soft tissue mobilization, CST can be incorporated into your physical therapy program to reduce muscle tension and promote relaxation. Coupled with an individualized exercise program, many people find craniosacral therapy highly beneficial.

#### ASK US IF CST IS RIGHT FOR YOU

Our therapists will create a personalized plan  
tailored to your individual needs

# CRANIOSACRAL THERAPY (CST)

EFFECTIVE • SAFE • HOLISTIC • NON-INVASIVE

## CONDITIONS CST MAY HELP:

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- Migraines and headaches
  - Stress and tension disorders
  - Post-concussion symptoms
  - Chronic fatigue
  - Chronic pain
  - Side effects from cancer treatments
  - Central nervous system disorders
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## WHAT TO EXPECT

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Sessions involve gentle, hands-on techniques applied to the head, spine, and sacrum. Treatment is non-invasive and deeply relaxing, supporting your body's natural healing processes. CST is practiced worldwide and has been proven effective and safe for a broad spectrum of conditions.

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## ABOUT SEACOAST HAND THERAPY

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We offer a dynamic and specialized practice focused on upper extremity conditions, providing highly personalized care in a private, comfortable setting. Our certified therapists are caring partners in your healing journey.

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## OUR MISSION

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*To walk with our patients to achieve the best possible outcome as caring partners in healing.*

**SEACOAST**  
*hand therapy*

CARING PARTNERS IN HEALING

308 US Route 1, Suite E-1 • Scarborough, ME 04074  
207-303-3030 • [business@seacoasthandtherapy.com](mailto:business@seacoasthandtherapy.com)

[www.seacoasthandtherapy.com](http://www.seacoasthandtherapy.com)