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RESEARCH

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CranioSacral Therapy Brings Relief to Fibromyalgia Patients

CranioSacral Therapy—a light-touch technique that addresses the cerebrospinal fluid—is practiced by dedicated therapists and also incorporated into massage sessions by therapists trained in the technique.

New research shows that CranioSacral Therapy can benefit fibromyalgia patients.

Fibromyalgia is considered as a combination of physical, psychological and social disabilities, according to an abstract published on www.pubmed.gov. "The causes of pathologic mechanism underlying fibromyalgia are unknown, but fibromyalgia may lead to reduced quality of life."

The double-blind longitudinal clinical study showed that fibromyalgia sufferers who received CranioSacral Therapy experienced lessened pain, anxiety and depression, and improved quality of life and sleep patterns.

According to the researchers, "Approaching fibromyalgia by means of CranioSacral Therapy contributes to improving anxiety and quality of life levels in these patients."

Eighty-four patients diagnosed with fibromyalgia were randomly assigned to an intervention group (CranioSacral Therapy) or placebo group (simulated treatment with disconnected ultrasound). The treatment period was 25 weeks.

Anxiety, pain, sleep quality, depression and quality of life were determined at baseline and at 10 minutes, six months and one-year post-treatment.

"State anxiety and trait anxiety, pain, quality of life and Pittsburgh sleep quality index were significantly higher in the intervention versus placebo group after the treatment period and at the six-month follow-up," www.pubmed noted. "However, at the one-year follow-up, the groups only differed in the Pittsburgh sleep quality index."

For more info or to schedule a CranioSacral session, call CranioSacral Therapist Karen Axelrod at 310-376-0113.

