



What is cranial osteopathy?

Cranial osteopathy is the most gentle and yet extremely effective osteopathic approach. It may be used to treat a wide range of conditions from birth to old age. Cranial osteopaths are trained to feel very subtle rhythmical movements present in all your body tissues. Tensions in the body can disrupt these rhythmic movements. Your osteopath by feeling these will be able to recognise stresses which give rise to your aches and pains and help your body reduce or eliminate these stresses and therefore the physical symptoms. These strains can be caused by all sorts of physical traumas including birth but also emotional traumas as any psychological stress will lead to physical tensions.

What can cranial osteopathy help with?

Cranial osteopathy is a gentle approach directed at the deep causes of your aches and pains. It treats the person as a whole and anyone can benefit from it.