

CSI Therapy

About CranioStructural Integration® Therapy

What is CranioStructural Integration?

CranioStructural Integration (CSI) is a cranial approach to eliminating chronic compensatory musculoskeletal patterns identified by Dr. Hancock using Applied Kinesiology and other techniques. These compensatory musculoskeletal patterns, which result in pain and dysfunction, are produced and maintained by chronic Primary Cranial Patterns, especially a cranial right torsion and a cranial left lateral strain.

These common cranial patterns respond poorly to most forms of treatment, including chiropractic and osteopathic manipulation, other cranial techniques, typical soft tissue therapies, and other modalities. However, they do respond to CSI procedures, which provide long-term improvements in musculoskeletal function and posture.

How is CSI different?

CSI differs from most other cranial treatment in several ways:

- CSI is a structural approach to cranial therapy rather than an energy-based or fluid approach. Emphasis is placed on increasing the mobility of osseous cranial structures rather than moving cerebrospinal fluid or balancing the cranial rhythmic impulses.
- CSI has a different treatment objective – to eliminate chronic compensatory musculoskeletal patterns that are common factors in dysfunction and pain.
- CSI procedures are more assertive. Emphasis is placed on releasing the soft-tissue ‘holding elements’ which are maintaining the chronic cranial patterns.

How does CSI work?

CSI uses unique cranial procedures to release the sutural and soft tissue restrictions that are limiting cranial motion and perpetuating both the chronic Primary Cranial Patterns and their related compensatory postural and musculoskeletal patterns.

The CSI cranial techniques result in immediate and predictable long-term improvements in muscle function throughout the body. These changes are demonstrated by pre- and post-treatment evaluations that include manual muscle testing, palpation, observation, and range of motion findings.

What are the benefits of CSI therapy?

The most important benefits of CSI therapy include:

- Pain reduction
- More balanced musculoskeletal function
- Postural improvement
- Long-term results

CranioStructural Integration produces improvements in the pelvic tippage and rotation generally observed. These changes reduce functional leg-length inequality, functional scoliosis, and many other musculoskeletal patterns. These functional improvements can also reduce or eliminate chronic trigger points, sciatic pain, headaches, TMJ dysfunctions, and some eye muscle dysfunctions. Dyslexia, ADD, ADHD, and some seizure disorders may also respond well to CSI; many other conditions can also benefit. The unique structural approach of CSI provides substantially greater ranges of motion to all parts of the craniosacral mechanism. Increased cranial ROM further enhances the benefits typically associated with craniosacral techniques, provides desirable changes in other aspects of health, and also enhances the effectiveness of many other therapies.

How was CSI developed?

The treatment approach used in CSI was developed by Dr. Dallas Hancock. Want to know more? To read excerpts from Dr. Hancock's FOREWORD to his CranioStructural Integration manual, [click here](#).

How can this therapy improve sports performance?

CranioStructural Integration treatment corrects imbalances in musculoskeletal function, which enhances strength, coordination, balance, and other important considerations in athletic performance. Manual muscle testing is used to demonstrate improved muscle function.

How often would my patients need to come for CSI therapy?

CranioStructural Integration procedures can be accomplished in as few as two or three sessions.

How long will the results last?

The CranioStructural Integration treatment procedures provide long-term corrections and are generally not repeated. However, some CSI techniques may need to be repeated to restore optimal mobility to the cranium in special cases, such as severe trauma.

Can my patients continue treatment with other modalities?

Absolutely! CranioStructural Integration is a complementary treatment modality that provides specific therapeutic benefits. It can be performed independently of other treatment procedures, or done concurrently with other treatment your patient is receiving. It can enhance the effectiveness of other treatment modalities.

Where can I learn more about these cranial techniques?

CranioSomatic concepts and techniques are taught in our workshops. Additional online information can be found on this website, in our Blog, YouTube videos, and Facebook posts. Professional texts, DVDs, and therapy posters are available in our online store.