

## Who may benefit from CST ?

- C.S.T. is a particularly useful approach for the following conditions:
- Chronic headaches
- Chronic back pain
- Head Injury
- Temporomandibular joint (TMJ or jaw) pain/disorder
- Traumatic Injuries
- Vertigo / Dizziness
- Tinnitus (ringing in the ear)

## What our clinics offers:

- Experienced, highly trained Physiotherapists
- Well equipped gyms
- Individualized exercise programs
- Manual Therapy
- Postural evaluation
- Muscle imbalance evaluation
- Physiotherapy modalities, including:
  - ultrasound, muscle stimulation, interferential currents, T.E.N.S.
- Mechanical Traction
- Heat, Ice
- Phonophoresis
- Acupuncture
- Intramuscular Stimulation (IMS)
- Education

## Fee Structure:

### Private patient fees:

- Minimum 45 minutes of one to one time with the therapist:  
\$ 100

### ICBC clients:

- Patient visit charge:  
\$ 45

## CALL OR VISIT US AT:

[www.expertphysio.ca](http://www.expertphysio.ca)

**Burnaby Heights  
Physiotherapy Clinic  
210-3970 E Hastings  
604-294-3911**



**Eight Rinks  
Physiotherapy Clinic  
1-6501 Sprott St.  
604-294-3376**

## Our Mission Statement:

**Our Expert services are committed and caring. We continue to excel in serving generations of the Burnaby Community.**

# Craniosacral Therapy (CST)



Physiotherapists  
Your Body Specialists

## What is the Craniosacral System?

The Craniosacral System is a recognized physiological system in the body that is comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. The Craniosacral System extends from the bones of the skull, face and mouth (which make up the Cranium) down to the tailbone area (or Sacrum). The Craniosacral System has a palpable rhythm that can be felt throughout the body just like the pulse of the Cardiovascular System. Trained Craniosacral therapists use a gentle, hands-on method to evaluate and monitor this rhythm at key points of the body, and can thereby locate and treat restrictions in the System.

## What is Craniosacral Therapy (CST)?

CST is a safe and gentle manual therapy approach that can be used for clients of all ages. Craniosacral Therapy (CST) works by helping the body's natural healing mechanisms to reduce the negative effects of stress on the Central Nervous System. This stress can be caused by such conditions as direct injury to the body (collision, falls, or sports injury) as well as the maladaptive compensation of the body's tissues to injury, illness, surgery and birth trauma. CST uses a 'whole body' approach to identify the pattern of changes that may occur to the body's tissue structure as a result of injury, trauma, or illness. CST is a particularly useful approach for clients whose symptoms have not responded to other treatment methods.

## Who Should I See for CST?

Craniosacral Therapy practitioners require specialized training. Our clinics offer CST only at the 8 Rinks location, performed by Lisa Price PT FCAMT FAAOMPT.

For more information on Craniosacral Therapy visit:

[www.upledger.com/  
therapies/cst.htm](http://www.upledger.com/therapies/cst.htm)

