

Chronic unexplained pain?

CST is often successful when other treatments are not.

As you go through life, your body accumulates traumas from injuries, illnesses, repetitive movements and other everyday events. To cope, it compensates – perhaps by moving in new ways to avoid pain. As it does, the fascia, the network of connective tissue that runs throughout your entire body, compensates as well – often developing restrictions as it adjusts.

If restrictions develop in the tissues and fluids that surround and protect your brain and spinal cord, (your craniosacral system), it can affect how your central nervous system functions and cause chronic pain and dysfunction. The result can be symptoms as diverse as chronic migraines, vertigo or sciatica.



Locating the source of conditions like these can be difficult, but Craniosacral Therapy (CST), developed by osteopathic physician John E. Upledger, has proven to be effective.

CST can help people whose symptoms have not responded to other treatments and is gentle enough for babies and seniors.

CST can offer relief from:

- Migraines and headaches
- Chronic neck and back pain
- Motor-coordination impairments, such as the effects of stroke
- Closed-head, brain and spinal cord injuries
- Chronic fatigue, fibromyalgia
- TMJ syndrome, tinnitus and vertigo
- Scoliosis
- Infant colic



How does Craniosacral Therapy work?

A trained CST practitioner gently palpates your body to evaluate the pulse and flow of your cerebrospinal fluid as it circulates throughout your brain and spinal cord. By carefully “listening” with their hands, they locate areas where the tissue is restricted. Tracing the restrictions through your body to the original source of dysfunction, they use gentle hand pressure – generally no more than the weight of a nickel – to release the restrictions in your tissues, relieve your symptoms, and allow your body to heal. For more information about CST, please visit our website.

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Got hit hard playing beer league hockey and was left with pain in my neck...one day, I woke up with the room violently spinning..

I went and saw David Bailey at Jericho Physio and, after a subtle touch on my neck, he knew exactly what the problem was. After only one treatment the spinning went away and now, after my second treatment, I feel like I'm back to 100%.

CALEY, VANCOUVER

Put your pain in our hands.

Since 1980, Jericho Physio has offered a combination of experience and advanced hands-on therapies that sets us apart from other clinics. We offer a full range of regular physiotherapy services plus:

- Craniosacral Therapy
- Intramuscular Stimulation (IMS)
- Visceral Manipulation
- The Feldenkrais Method®
- Myofascial Release
- The Anat Baniel MethodSM

Our unique skills and team approach ensure that – whatever your problem – you'll have access to the most effective and advanced physiotherapy treatments available.

We get to the source of your problem.

Your body is an interconnected system. When one part is ill, injured or develops scar tissue, everything around it can be affected and – years later – an old injury can cause problems in new areas. That's why we take a “whole body” approach to your treatment – because the place you feel pain isn't always its source, and a partial solution to pain, isn't a solution at all.




JERICHO PHYSIO
When your body talks. We listen.

Want to talk to us about your body?

Please call to arrange an appointment. You can learn more about our services and therapists on our website.

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