

FASCIAL COUNTERSTRAIN

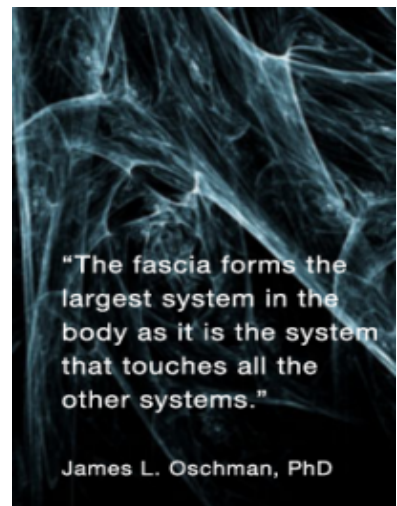
The Cranial Scan

At Daulton Physical Therapy, our passion is helping you heal by identifying and correcting the restrictions and imbalances in your body, which slow down or block your body's natural healing efforts. We use a unique process known as the **Fascial Counterstrain Cranial Scan**, in coordination with tests including mobility and strength assessments, to identify the involved regions and systems.



At first glance it may look like we rub your head and tell you, for example, that you have a circulation issue in your lower leg, or nerve tension in your right rib cage. But the reality is that we are able to find abnormalities in the tissues of the body through movement of the bones of your head that are connected to the fascia in your body. A rigid, tender area on the head bones leads us to the line of tension in the fascia of a specific body part and body system with incredible accuracy. We owe great gratitude to the amazing work of Brian Tuckey, PT, who continues his research in this field.

This Cranial Scan follows the neurodevelopmental process of a baby in the womb. As the dividing cells begin to grow a tadpole tail, a spinal cord, then limb buds and organs, the point of origin of this process becomes the baby's head (cranium), which houses the brain as the command center for the body. To understand where *fascia* is in this process, now picture this baby growing inside a blown-up balloon, then deflate the balloon so that it wraps around the body and holds everything together, like an inner stocking. This tissue intertwines around all the muscles, blood vessels, nerves, bones, and organs. Fascia holds everything in place, giving it structure and support. Now imagine a tug or pull in a certain area of this fascia on the body. Can you see how it can affect the cranial bones at the origin of that fascia?



We now know that the cranial bones have movement until we die, so a healthy cranium is mobile and soft, free of restrictions and free of tender points. If your cranium has an area of rigidity and painful tender points, we can pinpoint this tension to the system in the body (eg. gut, arteries, nerves, lymphatics, bones, etc.) as well as the area involved (foot, pelvis, neck, etc.). We achieve this by following a very specific map of the cranial fascia. Once we identify the area of concern on your cranial scan, we move to that area on the body and find local diagnostic tender points and proceed with our treatment using Fascial Counterstrain techniques to release this area of tension. Immediately, you will feel the tension and tenderness fade away from your tissues and from your cranium after the affected area on the body is treated. This fascinating, effective, and holistic method allows us to bring your body back in balance.

****If you have any concerns, please don't hesitate to call us at 844-328-5866 or email your therapist***
(see our website for your therapist's email address)*