

Contraindications & Precautions – CranioSacral Therapy

Contraindication means: something (as a symptom or condition) that makes a particular treatment or procedure inadvisable

Absolute, General Contraindication – *meaning, not at all.*

- ****Acute** CVA, Cerebrovascular aneurysm, “stroke”
- ****Recent** open cavity head wound, or closed head injury
- Herniation of the Medulla Oblongata
- Cerebral Aneurysm – (pertains to the cerebrum), Intracranial - any aneurysm situated inside the cranium. Aneurysm is a sac formed by a dilated wall of an artery or vein.
- Cerebral Hemorrhage – A burst in a blood vessel causing bleeding, blood escapes into surrounding tissue. A hemorrhage inside the brain is called a cerebral hemorrhage. (Called a hematoma when a massive accumulation of blood has been trapped inside surrounding tissue).
- Epidural Leaks – A leak situated upon or outside of the dura mater.
- Brain Stem Herniation, rupture in smooth brain stem tissue through which a bodily structure can protrude.
- Conditions where a variation and/or slight increase in intracranial pressure would cause instability.

Precautions - *Doctors consult may be needed/required.*

**Post CVA (Stroke) and head wound/injury have been shown to see improvement with CranioSacral Therapy. Check with your physician for clearance.

In these cases seek a therapist who has a CST2 or above level of training.