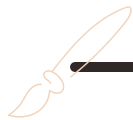


CRANIOSACRAL THERAPY CONTRAINDICATIONS



1. Acute Stroke, Acute Cerebral Hemorrhage, and Active Cerebral Vascular Conditions:

Individuals who have recently experienced an acute stroke, acute cerebral hemorrhage, or any acute cerebral vascular condition with an active bleed should avoid craniosacral therapy. These conditions require immediate medical attention and should be managed by healthcare professionals specialized in acute care. Once these conditions have been stable for six months, Craniosacral Therapy can be beneficial, but a doctor should clear it before starting.

2. Cerebrospinal Fluid (CSF) Leakage:

CSF leakage occurs when the protective layers surrounding the brain and spinal cord are breached, causing a loss of cerebrospinal fluid. It is important to avoid CST in cases of CSF leakage due to the risk of exacerbating the condition or introducing pathogens into the central nervous system. If you suspect CSF leakage, consult a healthcare professional for appropriate evaluation and management.

3. Recent Epidurals:

Individuals who have recently undergone epidural procedures should exercise caution when considering craniosacral therapy. The epidural space, which is targeted during these procedures, is in close proximity to the craniosacral system. Waiting for at least six weeks after an epidural before pursuing CST allows for proper healing and minimizes the risk of complications.

4. Arnold Chiari Malformations:

Arnold Chiari malformations are structural abnormalities in which the lower part of the brain extends into the spinal canal. If you have been diagnosed with Arnold Chiari malformation, craniosacral therapy can be helpful to reduce symptoms. However, seeking an experienced craniosacral therapist with knowledge and training in working with this condition is crucial.

5. Skull Fractures:

In cases of recent skull fractures, it is advisable to wait for a minimum of six weeks before considering craniosacral therapy. This waiting period allows for proper healing and reduces the risk of complications. As with any condition, it is essential to consult with a healthcare professional to determine the appropriate timing and safety of CST.