

CV-4 SELF HELP TECHNIQUE

THE DEVICE

You can use either an Upledger HealthPlex produced "Still Point Inducer" or create your own. To make one; two tennis balls are tethered in tandem so that they are touching one another. The two balls can be placed in the toe of a sock which is then knotted tightly. In order to assure that the balls stay in contact with each other, place the sock inside another sock and tie tightly.

INSTRUCTIONS

Recline on your back, on the floor or upon a sofa or bed. Place the device under your head so that the entire weight of your head rests on the two balls. They should be symmetrical with respect to the midline. They are placed about 1/3 the way "up" the back of the head near the top of the occipital bone (below the lambdoidal suture.) This is in a slight horizontal depression in the skull just above the attachment of the main neck muscles. The level is slightly above that of the ear openings.

Allow the weight of your head to rest comfortably upon the device for fifteen minutes. You may shift position slightly in order to maintain symmetry and comfort, but do so gently and gradually.

Repeat daily.

INDICATIONS

This is a good "shotgun" technique for enhancing tissue and fluid motion, especially relaxing connective tissues throughout the body, and for restoring flexibility of autonomic nervous system response. It is beneficial for acute and chronic musculoskeletal lesions, including degenerative arthritis. It can lower fever as much as four degrees Fahrenheit. It can reduce cerebral or pulmonary congestion, and dependent edema. It has been used to improve autoimmune disease, autistic behavior of children, and anxiety.

This technique can benefit most individuals to some degree and is rarely, if ever, harmful.

THEORY

The craniosacral rhythmical impulse ("C.R.I.") is the rhythmical mobile activity of the craniosacral physiological system. The structures of the craniosacral system are organized around the meningeal membranes. The craniosacral system is intimately related to the function of the nervous system (most directly the cranium, spine and pelvis), related fascia, and other systems. Induction of momentary "still points" in the craniosacral rhythmical impulse is an effective technique for mobilizing the craniosacral system's inherent self-correcting abilities, which in turn can have profound beneficial effects throughout the body.

CONTRAINDICATIONS

Contraindications are in situations in which even slight and transient increases in intracranial pressure are to be avoided: impending cerebrovascular hemorrhage or aneurysm. Do not use the technique during the acute stages of stroke or head injury.

To order a Still Point Inducer from The Upledger Institute, call 1-800-233-5880.