

## Osteopathy in the Cranial Field

Osteopathy in the Cranial Field (OCF) also known as Cranial Osteopathy is another method of assessment, diagnosis and treatment used by qualified osteopathic practitioners.

Osteopaths who use this method are trained to develop the ability to feel very small changes in shape of your whole body. Through their hands the osteopath will assess for the presence of a small cyclical shape change in your body tissues. The shape change is not dissimilar to the rising and falling of your chest when you breathe in and out. This small cyclical shape change is an expression of your body's health and is called the Primary Respiratory Mechanism by your osteopath. Your practitioner will place their hands on parts of your body that require assessment, commonly the head and pelvis. If the shape change is not present or is dulled, limited or distorted in any way it indicates that parts of your body are not functioning to their optimum and may be contributing to your symptom picture.

Practitioners trained in OCF learn to feel depth. This means that when they place their hands on your body they can sense the skin, the fatty tissue underneath, the muscles, tendons, through to your boney skeleton, and the fluids that are associated with all of these tissues. After taking a thorough history, your osteopath will perform this in depth assessment of your body tissues and make a diagnosis. They will then discuss this diagnosis with you.

OCF is an appropriate form of assessment and treatment for many situations. As well as addressing conditions that we usually relate with osteopathy, it is especially appropriate for dealing with trauma to the head - as well as all other parts of the body, car accidents - where your body has absorbed a huge force and multiple areas of your body have been affected, long standing injuries from past accidents, infections such as the chest, sinuses and ears, altered hormonal profiles - including those that affect woman's menses and menopause. OCF is also a treatment option for emotional trauma which can impact on your tissue function.

Treatment using OCF is gentle and can be safely used on anyone - from the moment of birth through the spectrum of their life. When we experience trauma, whether it is physical - for instance a blow to the head, or emotional, if we are unwell because of viral infection, or we are hormonally unbalanced, all these states are associated with forces that impact on our own internal healing ability. The treatment involves diagnosis of these forces and small, accurate, balancing movements which will access your own healing potential. This healing potential will start the process of resolving injury of any tissue in the body.

Practitioners using OCF treat your body as a whole. This includes the physical - the tissues, muscles, ligaments, bones, organs and fluids. They also acknowledge your spiritual and emotional profiles. The treatments, although seemingly very gentle, are incredibly profound.