

CSF-1: Muscle-Suture Relationships with a 13-Step Protocol

2-day workshop; 16 CE hours.

Pre-requisite: Licensed Health Care Provider or consent of the instructor.

This workshop is a prerequisite for both CSF-2 & CSI.

Investment: 445; Pay early: 395; [Discounts](#)

This first workshop of the CranioSomatic Therapy series introduces the CranioSomatic concept that alterations in the position and function of the osseous and soft tissue components of the cranium are reflected in predictable musculoskeletal responses.

It is our experience that approximating the articular surfaces of a suture, or some portion of a longer suture, will weaken (inhibit) one or more specific muscles. Conversely, decompression of the same articular surfaces will strengthen (facilitate) the muscles. Because compression of a suture reduces or restricts sutural mobility, the compressed area is referred to as a sutural restriction. Sutural restrictions are identified in CranioSomatic workshops by palpation and Therapy Localization (an Applied Kinesiology evaluation procedure); inhibited muscles are identified by manual muscle testing.



Manual muscle testing and therapy localization from Applied Kinesiology are taught and used as evaluation procedures to identify sutural restrictions and demonstrate muscle-suture relationships.

The first objective of this workshop is for participants to learn how to locate sutures and release sutural restrictions. The second is to learn how to test muscles associated with each suture, or portion of a long suture. These first two objectives provide practitioners with a new approach for strengthening inhibited muscles.

The third objective is for participants to become confident in releasing sutural restrictions of the vault and facial regions using a 13-Step Protocol at the end of any therapy session. It can also be used as a stand-alone treatment, in conjunction with other modalities, and as a self-care therapy. Sutural releases and the 13-Step Protocol are integral parts of all CranioSomatic modules.

Participants will learn:

- Pertinent features of skull anatomy.
- How to locate sutures on themselves and others.
- Manual Muscle Testing techniques (from AK).
- Therapy Localization techniques (from AK) to identify sutural restrictions.
- Thirteen (13) techniques for releasing sutural restrictions.
- To use AK techniques to demonstrate muscle / suture relationships.
- To perform pre- and post-treatment evaluations for sutural releases.
- How to incorporate CranioSomatic concepts and the 13-Step Protocol into their existing clinical practice.

