

Press Release

Biodynamic Craniosacral Therapy Association of the Czech Republic has published the first results of their pilot study: Craniosacral biodynamics and the human apparatus of movement and the nervous system.

18. 6. 2014 Craniosacral biodynamics is a therapeutic approach that is widely used in numerous countries around the world. It combines the modern scientific findings with the deep natural regenerative capacity of the human organism. The aim of this study was to investigate how the series of ten biodynamic craniosacral therapy treatments (BCTT) affect the clients in a long-term. Before the treatment the clients claimed to suffer from pain of their apparatus of movement, problems in their nervous system or other subjective difficulties.

The study was performed between September 2011 and May 2014. We processed 150 questionnaires submitted by 50 clients. The clients filled in the intake questionnaire before the first treatment, the second questionnaire within a week or right after the tenth treatment and the third questionnaire after half a year since their last treatment. All of the ten treatments took place within 20 weeks, each with the duration of 40-60 minutes.

The percentage rates presented below are the results gained by comparing the subjective state of the client before his first treatment and his state after half a year since his last one. A category termed “The same” describes the state of the client which neither deteriorated nor improved. The clients who did not claimed any difficulties and this state remained unchanged after half a year since their last BCTT also belong to this category.

Head ache:	improvement 76%, the same 6%, deterioration 18%
Back and joint pain:	improvement 88%, the same 4%, deterioration 8%
Compl. phys. change:	improvement 90%, the same 8%, deterioration 2%
Compl. psych. change:	improvement 82%, the same 14%, deterioration 4%

Quality of sleep:	improvement 60%, the same 34%, deterioration 6%
Mood swing, depression:	improvement 68%, the same 20%, deterioration 12%
Main difficulties:	improvement 68%, the same 12%, deterioration 20%
Real life limitations:	improvement 68%, the same 20%, deterioration 12%
Change in drug dosage:	improvement 10%, the same 88%, deterioration 2%

The results of this study suggest significant number of the clients noticed reduction of their pain and overall improvement in their state of health after the series of ten BCTT. The clients subjectively felt both physically and mentally better. We may conclude that craniosacral biodynamics is an effective therapeutic approach that has long-term positive influence on the client's life.

Biodynamic Craniosacral Therapy Association of the Czech Republic is currently preparing for 2nd pilot study – Head ache and migraines – that is focused on women of age 25-50 years and takes place in several European countries. The study starts in September 2014 and it will last until the end of 2015. At the moment, we are finalizing the design of the survey and we would be grateful for more non-Czech participants. These two pilot studies shall be followed by a clinical study.

More information at www.kranio.eu

