
CranioSacral Therapy at the Osher Clinical Center

What is CranioSacral Therapy (CST)?

CranioSacral therapy is based on the premise that there are subtle rhythms in the fluid and connective tissues of the body that can be felt by its practitioners. This network of connective tissues, which includes the cerebrospinal fluid and bones of the skull and sacrum, functions as the "craniosacral system".

Disruption in function of the craniosacral system is treated as a potential cause of a number of sensory, emotional, motor and neurological disabilities and disorders. The therapist uses gentle palpation to detect and release restrictions in the craniosacral system in order to optimize its function.



Who Can Benefit From CranioSacral Therapy (CST)?

CranioSacral therapy can be used to address a variety of problems including chronic pain, orthopedic injuries, headaches, fibromyalgia, TMJ disorders, emotional and stress-related disorders and chronic fatigue. This gentle therapy may be safely administered to individuals of all ages.

What should I expect from a CranioSacral session?

A typical CST session is administered in a quiet, private setting. Patients remain fully clothed as they relax on a comfortable, padded table. Through carefully "listening" with the hands, therapists locate areas of weak fluid flow or tissue motion. The practitioner is able to trace those areas of weakness through the body to the primary source of the dysfunction. Recipients of CST report the sessions to be deeply relaxing and create feelings of warmth or gentle pulsing in the areas treated.

A CST session can last up to an hour. It can be used alone or integrated with other therapies to create powerful effects.

The efficacy of CST is dominated by patient reports and testimonials. There are scientific reports describing subtle rhythmic motion of the cranial bones and the sacrum, but limited understanding regarding how these motions affect health. The Osher Clinical Center is interested in generating patient reports leading to systematic case reports and eventually larger studies that further our understanding of the efficacy and the scientific basis of intriguing modalities such as CranioSacral therapy.

Patient Testimonials

"CranioSacral Therapy has saved me from chronic pain that came after fracturing a cervical vertebra. After the trauma, I used many other therapies but they only briefly addressed my pain. I came to CST as a last resort – and it ended up being the most profound thing I have ever done. Not only did it relieve my pain, but I have come to appreciate so many other benefits. It calms me when I am off center. And as I reach the age where I have many hormonal changes, it has been a true life saver. My body holds the benefits longer now, and it has given me so much more awareness about how to take care of myself." D.G. Boston, MA

"I first saw Jie right before I had surgery for rectal cancer. She helped me prepare both psychologically and physically for the surgery and accompanying anxiety. Post surgery, CST treatments helped me heal very quickly and I immediately felt more energy and less nausea. Now that I have completed my chemo treatment, Jie is addressing my neuropathy with positive results." C.P. Burlington, VT

Will insurance pay for craniosacral therapy?

Most Massachusetts health insurance policies will not pay for CranioSacral therapy. Some worker's compensation and personal injury (motor vehicle accident) insurances will offer reimbursement. It is always best to confirm your insurance benefits with your insurance company. Patients with health savings accounts may submit their bills for reimbursement.

Jie specializes in care for:

- Headache and Migraines
- Post-concussive syndrome
- Whiplash and neck injuries
- Post-traumatic stress disorder
- Brain and spinal cord injury

What do you need to bring to your appointment?

Please bring:

- Completed Osher Clinical Center health history form
- A form of payment – we accept check, credit cards, health savings account cards

How do I schedule an appointment?

Please call the Osher Clinical Center at (617) 732-9700 to get more information about our craniosacral services or to set up an appointment with Jie Fan-Roche. The Center is located at the Brigham and Women's Ambulatory Care Center in Chestnut Hill.

Jie Fan-Roche, PT, NCMT, CST is a French-trained physical therapist with more than 20 years of clinical experience. Her

expertise includes a broad range of work in prestigious institutions in Paris, France including treating trauma patients at Les Invalid Hospital (VA), pediatric patients at Trousseau Pediatric Hospital, cardio-pulmonary and orthopedic patients at Cochin Hospital, and neurological patients at Lariboisiere Hospital.

Jie is also a nationally certified massage therapist in the US who is fluent in French, Chinese and English. She integrates a variety of modalities into her treatment, including craniosacral therapy, Chinese reflexology, and acupuncture and also teaches Tai Chi and Qi-Gong. Jie is an Upledger Institute-certified CranioSacral therapist and an instructor in CranioSacral therapy.

Since 1990, Jie has been integrating these modalities into her work in Europe, China and the US. Jie works with people of all ages, from newborns to the elderly. Her current practice focus is on CranioSacral Therapy, SomatoEmotional Release and Chinese reflexology. These techniques give Jie the opportunity to adapt to each client's individual needs. Her goal is to give each person a taste of a new way to approach their own body and the freedom to relax and express themselves, physically, emotionally or spiritually.

In her leisure time, Jie loves to play the cello, travel, read, and orchestrate her three boys' musical development.

