

## HAVE YOUR CHILD'S HEAD EXAMINED

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Does your child suffer from or demonstrate any of the following symptoms: listlessness, foggy brain, ADD/HD, Autism, chronic runny nose that is not allergy or cold related, recurrent headaches, dizziness, scoliosis, restless sleep, learning disabilities, or motor control problems? These are just a few of the various symptoms that might have a cranial fault as the underlying cause. Most pediatricians rarely look at the cranium as the cause for these conditions; however, once you understand what a cranial fault is, you may now have another option to consider when looking to help your child.

The skull or cranium is composed of separate bony plates that come together at the zigzag lines you see on a model of the skull. These lines are called sutures. The sutures are similar to where gears interlock with each other. This allows for the skull bones to move with the respiratory rhythms of the body. The movement helps to circulate the cerebral spinal fluid that surrounds the brain.

Alterations in the natural rhythm of the skull occur as early as birth. Forceps or suction deliveries can be the most obvious culprits altering normal cranial rhythms. Induction during labor, which can cause strong contractions, may also negatively affect the cranial rhythm. Biomechanical, physical, and emotional stresses also have effects on the cranium. What child has not bumped heads with a friend or taken a fall and banged their head? The hit may not be hard enough to cause a concussion or bleeding, yet still be hard enough to disrupt normal cranial movement.

Finding a cranial problem or cranial fault can be done several ways. Typically a practitioner would be specially trained in craniosacral therapy or craniopathy. Treating cranial faults is painless and safe, but takes special knowledge and skills. Some procedures require the practitioner to gently feel for the subtle cranial rhythms or lack thereof. The use of gentle holding patterns correct the cranial fault. Practitioners trained in Applied Kinesiology can utilize muscle testing as a tool to locate the aberrant motion of the cranium.

Fixing a cranial fault typically involves gentle pressure applied with the hands to the bones of the skull while the patient repeats either inhalations or exhalations. Occasionally the practitioner might have to apply pressure with a finger on the roof of the mouth thus normalizing cranial movement. Overall treatment only takes a few seconds to correct and generally maintains normal function unless a very specific force causes the alteration to recur.

Since the brain is housed inside the cranium and is influenced by changes in the motion of the cranial bones, making sure your child is evaluated for normal cranial motion should be part of every child's regular checkup. Finding a cranial fault early can have a positive effect on correcting and preventing future health problems.