What is a Cranial Fault?

It has long been believed that the sole purpose of the skull was to protect the brain. While this role is obviously paramount, research has shown that the skull has other important functions. The skull bones actually move as with breathing. The synchronous movement of the cranial bones is necessary for proper function of the spine, nervous and energy systems. Misalignments of the cranial bones are called cranial faults. Cranial faults can cause many symptoms from headaches to backaches or any malfunction of the body.

The movement of the Cerebrospinal Fluid has far-reaching effects on our sensory and motor nerves and on your overall neurological function. Therefore, if one is to have an optimally functioning nervous system, then it is imperative that there is a continual, uninterrupted flow of the cerebrospinal fluid to bathe, nourish, and detoxify the brain and spinal cord. However, as a result of different physical and/or emotional/psychological traumas as well as fascial restrictions, one or more of the cranial bones can become jammed or restricted, impairing its movement. When this happens, it is called a Cranial Fault. Cranial Faults can occur as early in life as during the birthing process; i.e. the use of forceps or from pulling on or twisting the baby’s head. Trauma to the spine (slips, falls, motor vehicle accidents, work related accidents, different types of sprains and strains) can all cause fixations in the segments of the spine.

Since the movement of your cranial bones and the segments of your spine are directly associated with your breathing pattern, and the rhythmic contractions of the Dura Mater, cranial faults and spinal fixations will result in unbalanced breathing patterns and interrupt the flow of the cerebrospinal fluid. This will create subtle pressure on different areas of the brain and spinal cord, directly affecting the breathing pattern and brain’s activity. Unbalanced breathing patterns will affect the sleep cycle and result in mental disturbances. It will also result in decreased oxygen to your brain, organs, and tissues. This can result in numerous problems, such as headache, dysmenorrhea (difficult or painful menstruation), coordination difficulties, decreased concentration, A.D.D., chronic fatigue, learning disabilities, behavioral problems, anxiety, stress, and motor coordination impairments, just to mention a few.

Treatment

There are several techniques in applied kinesiology to first find the dysfunction and then to determine how to correct it. Your doctor may examine muscles and when a weakness is found have you hold a certain phase of respiration to determine its effect on the weak muscle. The doctor may press on certain bones of the cranium to determine if it causes a change in muscle function.

Cranial corrections are usually easily obtained and have a lasting effect. Future examination will determine if the correction is stable. If the faults return it is usually because they have been present for a considerable time. Because of the integration of the cranial-sacral primary respiratory system with the rest of the body, there is probably some remote dysfunction that needs to be corrected. There are techniques for the doctor to examine the integration of the cranium with the rest of the body.

It is important to remember that cranial function can affect almost any place in the body, and remote dysfunction can affect the cranium.