

Southern Ontario College of Osteopathy
Cranial Osteopathy (Course outline) 46 hours
Part 1

1. Primary Respiratory Mechanism
2. Theories & Research of Craniosacral Motion's Mechanism
3. Review of Cranial Anatomy
4. Osteopathic Cranial Assessment
 - General Cranial Counturs
 - Soft Tissue Assessment including:
 - a) Temporomandibular area
 - b) Suboccipital triangle
 - c) Floor of the mouth and submandibular region
 - Sutural Assessment
 - a) skull resilience
 - b) suture compression
 - c) suture stretching
5. Craniosacral motion assessment
6. Cranial Base Dysfunction
 - Flexion
 - Extension
 - Torsion
 - Sidebending Rotation
 - Lateral & Vertical Strain
 - Compression
7. Craniosacral system (including individual bones) motion patterns
8. Review and examination of cranial nerves (CNI-XII)
9. Examination of vestibular and coordination functions of CNS:
 - Romberg's test
 - Hautant's test
 - Oculostatic reflex
 - Coordination Exam
10. Treatment techniques
 - Muscle Energy Techniques for cranial muscles
 - Sutural V-Spread
 - Disengagement techniques
 - CV-4

Part 2

1. Review of major medical conditions in the cranial area with differential diagnosis of:

Headache

Postconcussional Disorder (PCD)

Vertigo

TMJ Disorder

2. Cranial approach in Pediatric Osteopathy
3. Osteopathy and Orthodontics
4. Cranial Base Dysfunctions' Releases
5. Mobilization of cranial bones including:
Temporals, Maxilla, Frontal, Parietals, Occiput
6. Mobilization of TMJ, orbits, sinuses
7. Osteopathic treatment of cranial nerves (CNI-XII)
8. Osteopathic approach in treatment of cranial pathology