

Benefits of Equine Craniosacral Therapy

Fascia surrounds and influences all the systems in the body and when it is released it can affect the whole body including stress levels and the behaviour of the horse.

The Craniosacral (CS) System is the deepest system in the body. Its fascia envelopes and nourishes the central nervous system. When the CS fascia is twisted and restricted it can affect the body's physiological functions as it drags on nerve sleeves and the master endocrine glands in the cranium. It is also interconnected with myofascia (muscle fascia) which can have a drag on the CS System. In turn, the CS fascial attachments can have a pull on the poll and sacrum.

Below are the benefits, although not exhaustive, of CST.

Affects the whole body
Air equilibrium
Allergies
Back issues/pain
Balance and coordination
Balances sympathetic and paras. nervous system
Behaviour eg over-reactiveness, aggressiveness and other behavioural issues
Benefits the whole horse generally
Better breathing for hind end power drive and acceleration
Birth trauma
Breathing
Bucking
Buttock muscle tone
Carpal accessory, splint and sesamoid bones
Cereospinal fluid drainage
Chest breathing
Circulation and nerve communication
Colic
Craniofacial Junction
Ear issues
Elbow
Emotional issues
Endocrine disorders
Endocrine/hormonal function
Eye issues
Eye motor control/vision
Front end movement
Galloping
Girthiness
Happiness
Head injuries
Head shy
Headaches
Hearing
Heart, digestion, respiration – vagus nerve
Helps maintain top line and psoas to work properly

Helps to rebalance the hoof
Helps to straighten and rebalance the leg
Hind end movement and engagement
Hind end, stifle, hip, hock issues
Hip flexion
Hormonal problems
Hyoid
Immune system
Increases bending in geldings when scar tissue is released in the pelvis
Irritability
Irritated eye
Knee joint
Lack of shoulder freedom
Left side of the horse looks different to the right side of the horse when it moves or the front looks different to the back end – sphenoid
Leg coordination
Less flighty - amygdala compression creates fear
Lessens irritation to flies/brushing/ saddling
Locking stifle - may help depending on the issue
Lumbar pain
Lymphatic drainage
Movement
Muscle tension in the barrel
Neck flexion/extension and turning the head
Neck issues and pain
Nerve impingement
Nuchal ligament
Over-reactive
Pain in the ribs cause tight lower neck muscles and prevents the horse breathing with his diaphragm properly. This puts a strain on the hyoid and TMJ which puts a strain on the psoas and hind end which will not be able to engage efficiently. Nor will he be able to lift his topline. The horse will have to use his front end more because he can't use his hind end normally.
Pain response around the ears
Pain/syndromes
Pain weight bearing on a front leg (ulna nerve at C7)
Passing out – thoracic inlet
Pelvis and hind limbs
Poll issues
Psoas issues
Rebalances local muscle tone (diaphragm releases)
Rebalances Sympathetic/Parasymp. e.g. freak out not freak out
Releases abdominal muscles
Releases C7/T1
Releases hips
Releases mastication/facial muscles
Releases nerves, arteries and veins eg trigeminal nerves
Releases the nerve roots – can help with all sorts of pain and many other issues in the different systems
Releases the pudendal nerve, the nerve supply to the sexual organs. Helps internal and external sex organs including defecation and urination

Reproductive problems
Ribs
Roaring
Scapular (shoulder) motion
Sciatic and femoral nerve problems
Shoulder issues
Sinus congestion
Spinal cord and brain function
Spookiness, aggressiveness, don't touch me, head throwing, resistance to bridling, bad behaviour, stable vices, not wanting to do things: tempero tantrums due to releasing pressure off the amygdulla
Sternum
Sternum/rib inflammation
Stuck withers
Stumbling, don't clear the jumps front or back (sphenoid)
Swallowing issues
Sway back (iliopsoas)
Swayback horse with stifle and hock issues. Will help him engage his hind end to move properly
Takes pressure off the cranial vault
TBs: There left temporal bone can be restricted from racing (going around the track the same way)
Temperature regulation
Temporal bones
Thoracic inlet
Thyroid if the issue is not coming from the thyroid itself (as it affects the pituitary and hypothalamus).
TMJ inflammation, pain and irritation
Top line
Trigeminal nerve and others
Ulcers
Uncoordinated
Upright shoulder/pastern
Vagus nerve
Vision, eye issues
Windsuckers - hyoid