

Highlights from March Discussions:

3-19-24

1. The respiratory diaphragm is a dome-shaped muscle located at the base of the ribcage, separating the thoracic and abdominal cavities.
2. The diaphragm plays a crucial role in respiration, contracting and relaxing to facilitate breathing.
3. The diaphragm is connected to other organs and structures in the body, such as the heart, lungs, liver, stomach and pelvic floor.
4. Techniques for working with the diaphragm in craniosacral therapy include visceral manipulation and myofascial work.
5. Working with the diaphragm can help address symptoms and conditions such as anxiety, digestive disorders, GERD and chronic pain.
6. Thoracic mobility is important in relation to the diaphragm, and restrictions in this area can impact breathing and overall well-being.
7. Working with the diaphragm can improve lymphatic flow and support the body's immune system.
8. Chapman points are specific areas on the body that can be used to assess and treat dysfunction in the diaphragm and other structures.
9. The group call provided an open and collaborative environment for participants to learn from each other's perspectives.

3-21-24

1. The respiratory diaphragm is important and connected to various organs and structures in the body.
2. Dysfunction of the diaphragm can lead to health issues.
3. A three-dimensional approach, considering the density and texture of different tissues, is important in treatment.
4. The thoracic spine supports and stabilizes the diaphragm, and any misalignment or dysfunction in this area can affect its functioning.
5. Deep breathing and diaphragmatic excursion are important for overall health and well-being.

6. Visualization and imagery are techniques used in craniosacral therapy to promote relaxation and healing.
7. Creating a safe and comfortable environment for clients is crucial in craniosacral therapy.
8. Trust, rapport, and a calm and nurturing space enhance the effectiveness of the treatment.
9. Further learning and exploration of craniosacral therapy is encouraged.