

## CSF-2: Sphenobasilar Releases for the Ten Patterns

2-day workshop; 16 CE hours. Prerequisites: CSF-1

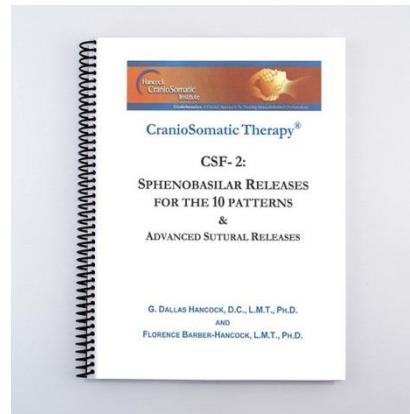
Investment 445; Pay early: 395; [Discounts](#)

The main focus of this second workshop is the ten Sphenobasilar (SB) patterns. It provides participants with the knowledge and skills to identify and correct SB patterns using traditional osteopathic direct and indirect cranial range-of-motion (ROM) procedures. AK procedures, presented in CSF-1, will be used to confirm the presence and correction of SB patterns. AK procedures are also used to correlate each SB pattern with both their related patterns of sutural restrictions and their global patterns of musculoskeletal compensation. This workshop also includes more advanced vault and facial sutural release techniques.

By the end of this workshop, participants will be able to immediately apply this knowledge in clinical practice to benefit their patients. Clinical experience applying the SB pattern releases is essential for the CranioStructural Integration workshops.

Participants will learn:

- SB patterns are compensations in the position and function of cranial structures.
- Characteristics of the 10 named SB patterns.
- How to identify and correct SB patterns using cranial ROM procedures.
- The unique pattern of sutural restrictions associated with each SB pattern.
- The pattern of strong and weak (inhibited) muscles associated with each SB pattern.
- How SB patterns are mutually compensatory with spinal and pelvic patterns.
- How releasing sutural restrictions may clear an SB pattern.
- How to use SB ROM releases as a ‘stand-alone’ treatment procedure.



**Background:** The adult skull is described as consisting of 28 bones. Six of these bones are located in the two temporal bones (the three ossicles of each inner ear) and are not usually discussed with the other cranial bones. Of the remaining twenty-two bones, eight form the vault and fourteen form the facial region. Cranial bones are capable of limited movement which generally involves all cranial bones moving together as a single coordinated unit.

These global movements of cranial bones begin with slight movements of the sphenoid and occiput at their articular junction, the sphenobasilar synchondrosis, and are referred to as sphenobasilar (SB) movements. Ten SB movements are described in the osteopathic literature. Each is associated with a unique arrangement of the vault and facial bones; a unique pattern of

sutural restrictions; and a unique pattern of facilitated and inhibited muscles. SB movements are mutually compensatory with the movements of the spine and pelvis and result in unique patterns of spinal and pelvic compensations.

The ten SB movements consist of five pairs of opposing SB movements (e.g., right versus left torsion, superior versus inferior vertical strains, flexion versus extension, etc.). In these opposing movements the quantity and quality of movement should be equal. When they are not the condition is referred to as a motion dysfunction and the cranial pattern is named for the direction of greatest movement. If the flexion movement is greater than the extension movement, the pattern is named a flexion pattern. The cranial bones are considered to have moved into, and are stuck in, this movement.

Investment: **CSF-2: Sphenobasilar Releases for the Ten Patterns - 445; Register early: 395.**

**Discounts** This workshop is a pre-requisite for CSI.

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