

## The role of the craniosacral therapist on the team who works with Ankyglossia and other tethered oral tissues

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### Abstract

The more that we learn about the systems that are influenced by Ankyglossia the greater our understanding is of the importance of a team approach for proper identification, release and management pre and post release so that the systems impacted can reach their optimal functionality.

The infant, child or adult who has a tethered-oral-tissues often has structural as well as autonomic system dis-regulations. We will follow the musculature of the tongue to understand the potential strain patterns that may be created. Included will be a look at the innervation particularly in the infant whose has more cranial pieces so that we can understand how easily the pieces maybe pulled out of alignment causing tension to be exerted on the cranial nerves.

My focus is on the breastfeeding infant, but the strains and functional disruptions are seen in children and adults as well. These include, but, are not limited to: difficulty feeding – breast or bottle, poor weight gain or failure to thrive, difficulty feeding when solids are introduced, colic like symptoms, pronunciation and enunciation complications, obstructive sleep apnea. Scoliosis and torticollis, abnormal craniofacial development, dental and oral health issues.

It is also my contention, supported by both what I have seen in my practice as well as from what adults have shared, that the autonomic nervous system is engaged causing heightened anxiety.

Craniosacral therapy (CST) is based on osteopathy. The craniosacral system influences and is influenced by all of the bodies system. CST releases tensions enabling the body so that it is able to relax, self-correct, restore normal physiological motion and optimize functionality. CST works with all of the body systems to restore homeostasis. This includes not only structural, fascial but the sympathetic and parasympathic systems as well.

### Biography

Patricia Abby Berg has been international board certified as a lactation consultant (IBCLC) since 1990. She has published on Nipple Shields, Staph infections of the nipple, Galactosemia and the CranioSacral Therapist and IBCLC's working together. She has presented locally and internationally. Ms. Berg has been studying with the Upledger Institute since 1996. She has received both her techniques and her diplomate certification. She has training in craniosacral therapy, lymphatic drainage and visceral manipulation. She is a craniosacral therapy teaching assistant and is working towards her mentorship status. Much of her private practice involves a combination of lactation and craniosacral therapy. Ms. Berg has been active in her local ILCA affiliates and is presently the Chair of the International Consortium of Ankylofrenula Professionals.

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