

## Multiple Sclerosis

Multiple Sclerosis (MS) is an unpredictable disease of the nervous system in which communication between the brain and other parts of the body is disrupted. Its effects can range from relatively benign to somewhat disabling to devastating. The symptoms may mysteriously occur and then disappear. In the worst cases, a person with MS may be unable to write, speak, or walk.

During an MS attack, inflammation occurs in areas of the white matter (pale-coloured nerve tissue) of the central nervous system in random patches called plaques. This is followed by destruction of myelin, the fatty covering that insulates nerve cell fibres in the brain and spinal cord. Myelin allows for the smooth, high-speed transmission of electrochemical messages between the brain, spinal cord and the rest of the body. When myelin is damaged, neurological transmission of messages may be slowed or blocked completely, resulting in diminished or lost function.

The cause of MS is unknown. Theories include a childhood virus that primes the immune system for an attack against myelin in early adulthood.

### Signs & Symptoms

Individuals experiencing Multiple Sclerosis may exhibit some or all of the following symptoms:

- Weakness in motor skills and loss of muscle coordination
- Tingling, numbness, dizziness
- Blurred vision
- Pain
- Heat sensitivity
- Loss of bladder control
- Memory loss, problem-solving difficulties
- Mood disturbances

### Therapeutic Approach

In addition to conventional measures that may include medication, modalities such as CranioSacral Therapy can play an important role in a comprehensive therapeutic approach.

While there is no research indicating CranioSacral Therapy can recoat myelin sheaths, CranioSacral Therapy can help improve mobility in the neurological system. This in turn can help enhance quality of life by improving balance and, in some cases, reducing pain and other neurological symptoms. Many patients have reported feeling strengthened after CranioSacral Therapy sessions.