

Upledger Institute International

Dedicated to the natural enhancement of health, Upledger Institute International (UII) is a healthcare resource center recognized worldwide for its comprehensive education programs, advanced treatment options, and unique outreach initiatives.

Founded in 1985 by Dr. John E. Upledger (1932-2012), UII has trained more than 125,000 practitioners residing in more than 110 countries in CranioSacral Therapy and other gentle manual therapies. Today, UII offers hundreds of courses all over the world each year, educating healthcare professionals of diverse disciplines.

The cornerstone of UII's educational training is CranioSacral Therapy (CST), a gentle, hands-on, whole-body method of releasing restrictions around the brain and spinal cord to enhance central nervous system performance. CST allows the body to self-correct to a point of optimal health and well-being.

Every modality practiced or taught through UII is designed to help relieve symptoms associated with a vast array of health problems. And because each UII core course curriculum was personally designed by its modality developer, your education comes straight from the source.

Dr. John E. Upledger, Founder

CranioSacral Therapy was developed by Dr. John E. Upledger, an osteopathic physician and surgeon featured in TIME magazine, April 2001, as one of America's next wave of innovators. From 1975-1983, Dr. Upledger was a professor of biomechanics at the Michigan State University College of Osteopathic Medicine. While he was there, he led a team of anatomists, physiologists, biophysicists, and bioengineers that performed and published the clinical research which formed the basis for the modality he named CranioSacral Therapy.

Throughout his career as an osteopathic physician, Dr. Upledger was recognized as an innovator and leading proponent in the investigation of new therapies. His development of CranioSacral Therapy earned him an international reputation.



*John E. Upledger,
DO, OMM*

Today, Dr. Upledger's techniques are helping people around the world. CST has been shown to help a full spectrum of pain and dysfunction, including chronic neck and back pain, post-concussion syndrome, traumatic brain injury, Post-Traumatic Stress Disorder, Scoliosis, infant and childhood disorders, including those individuals on the autism spectrum. In 2006, when Dr. Upledger testified before the Government Reform Committee meeting of the U.S. House of Representatives on the effectiveness of CST in treating autism, the session featured testimonies from leaders in autism research, treatment and the parents of autistic children.

Today, CranioSacral Therapy and the other manual therapies play an important role in treating post-concussion syndrome. The Dr. John E. Upledger Foundation's intensive programs with NFL retirees have shown promising outcomes for the program participants.

And, the Foundation's work began in 1993 with six Vietnam veterans suffering from post-traumatic stress disorder to test the efficacy of CranioSacral Therapy and SomatoEmotional Release in treating and restoring the quality of life to those suffering from PTSD continues to help our military can combat veterans.

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