

Craniosacral therapy

Type	Safety	Efficacy	Recommended?
			
Alternative medicine	Regarded as safe	No evidence that it is effective	No

In detail:

Claims for treatment	That craniosacral therapy (CST) reduces or removes the perception of tinnitus by easing the restrictions of the nerve passages and by stimulating the movement of cerebrospinal fluid through the spinal cord ¹ .
What is the treatment?	Manual manipulation of the cranial bones.
What are the downsides of this treatment?	Cost – CST is only available privately.
Has there been research into this treatment?	No research has been conducted into CST for tinnitus, and very little research has been conducted into CST in general.
What does the research say?	There is insufficient evidence to support craniosacral therapy ^{2 3} .
How high quality is the research?*	A-

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

Tinnitus UK's opinion on this treatment:	There is no plausible mechanism of action for CST. Whilst no studies have been conducted on CST and tinnitus, studies conducted into CST and other conditions do not show that it is effective. Osteopathy is not mentioned as a potential treatment in three current tinnitus guidelines ⁴⁻⁶ .
Would Tinnitus UK support further studies into this treatment?	Yes, if a high quality, large scale study
Comments	In the UK, CST and craniosacral therapists are not subject to statutory regulation ⁷ . If a therapist is not a member of a reputable voluntary regulatory body, they do not have to meet any requirements in order to demonstrate that they are competent and safe to practise.

* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**
 Web chat **tinnitus.org.uk**
 Email **helpline@tinnitus.org.uk**
 Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at takeontinnitus.co.uk

References

All online references accessed 1 November 2022 unless noted.

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4. Tunkel DE, Bauer CA, Sun GH, et al. Clinical Practice Guideline: Tinnitus. *Otolaryngology-Head and Neck Surgery*. (2014) 151(2_suppl): S1-S40. doi:10.1177/0194599814545325

5. Cima RFF, Mazurek B, Haider H. et al. A multidisciplinary European guideline for tinnitus: diagnostics, assessment, and treatment. *HNO* 67, 10-42 (2019). doi:10.1007/s00106-019-0633-7

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6. National Guideline Centre (UK).
Tinnitus: assessment and management:
NICE Guideline [NG155]. (2020) Mar.
www.nice.org.uk/guidance/ng155

7. Craniosacral Therapy Association. *Why choose a CSTA-registered practitioner?*
www.craniosacral.co.uk/

Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing **communications@tinnitus.org.uk** or by writing to us at the address below.

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