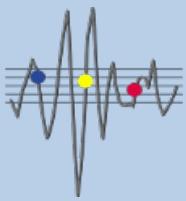


Pillole di riflessione e pratiche quotidiane

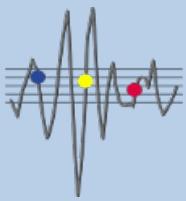
il sistema cranio-sacrale



# Sommario

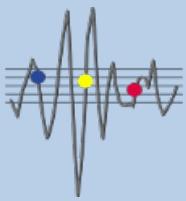
il sistema cranio-sacrale :

- introduzione
- conoscenza e approcci
- il sistema cranio-sacrale
- tensione e distensione
- elasticità
- le pratiche quotidiane



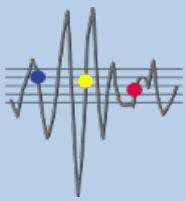
# introduzione

- propriocezione alterata negli anziani
  - ➔ l'anzianità non è sinonimo di demenza !
  - ➔ pochi stimoli e poche motivazioni
  - ➔ poco movimento
  - ➔ accumulo di tensioni
- confinamento
  - ➔ riduzione forzata del movimento
  - ➔ e quindi la propriocezione ?!
- camminare, ballare e Tai-Qi
- camminare lentamente (molto difficile)



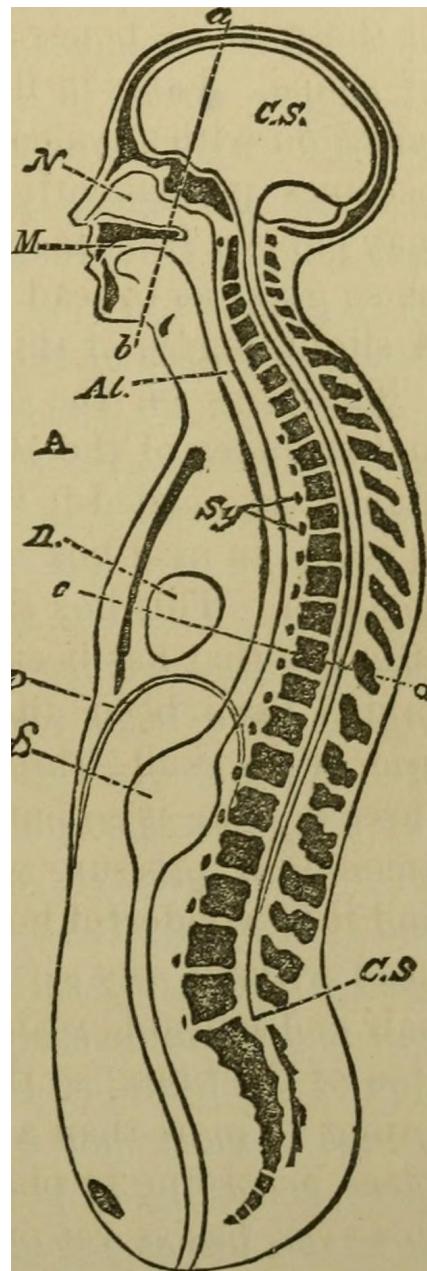
# approcci

- organismo: parti e sistemi
- approcci specialistici versus olistici
- La **parte** anziché il **tutto**



# il sistema cranio-sacrale

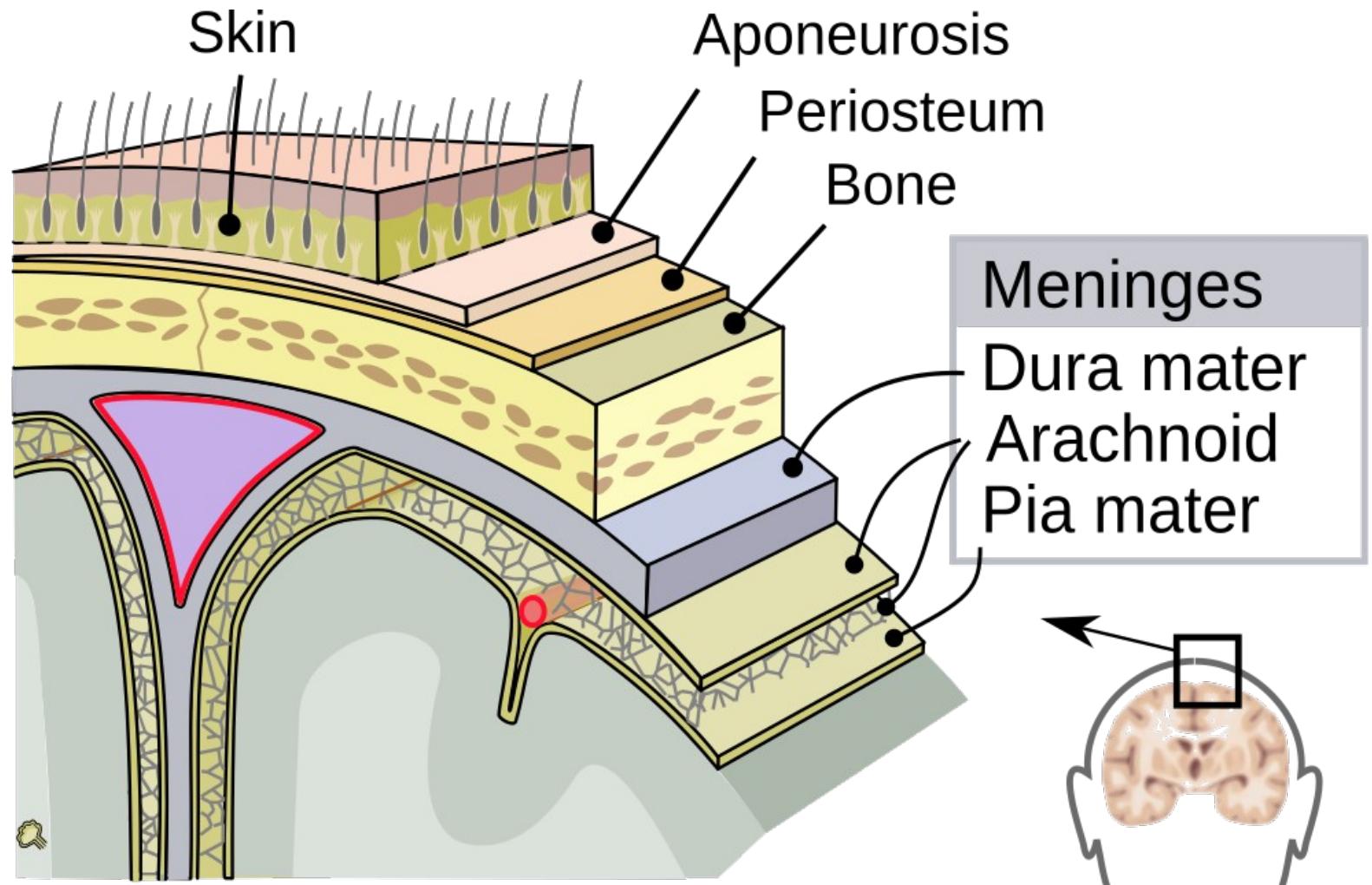
cranio e colonna vertebrale

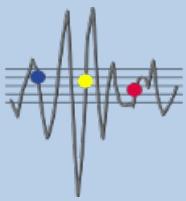




# il sistema cranio-sacrale

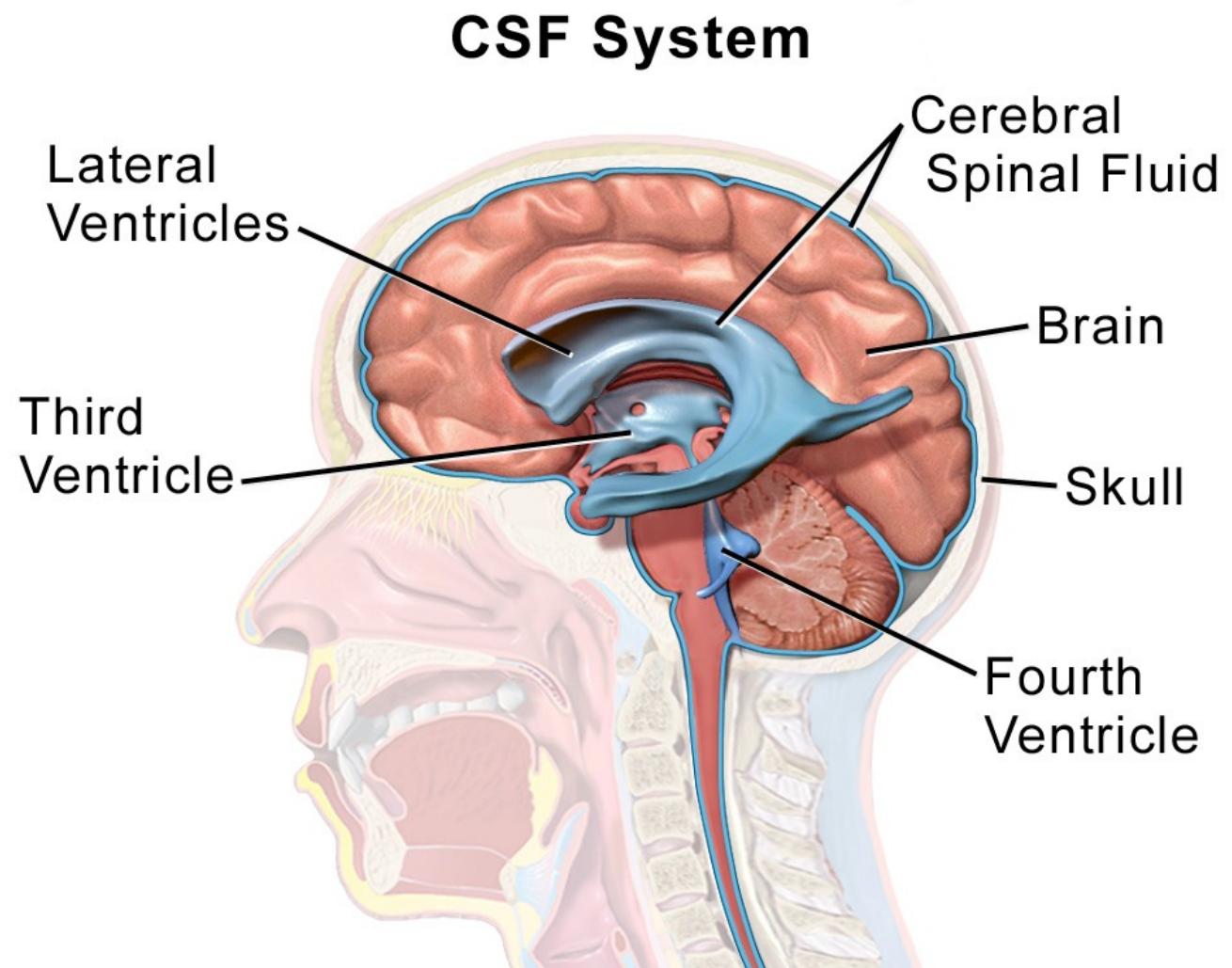
## le menigi

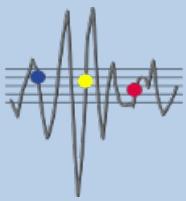




# il sistema cranio-sacrale

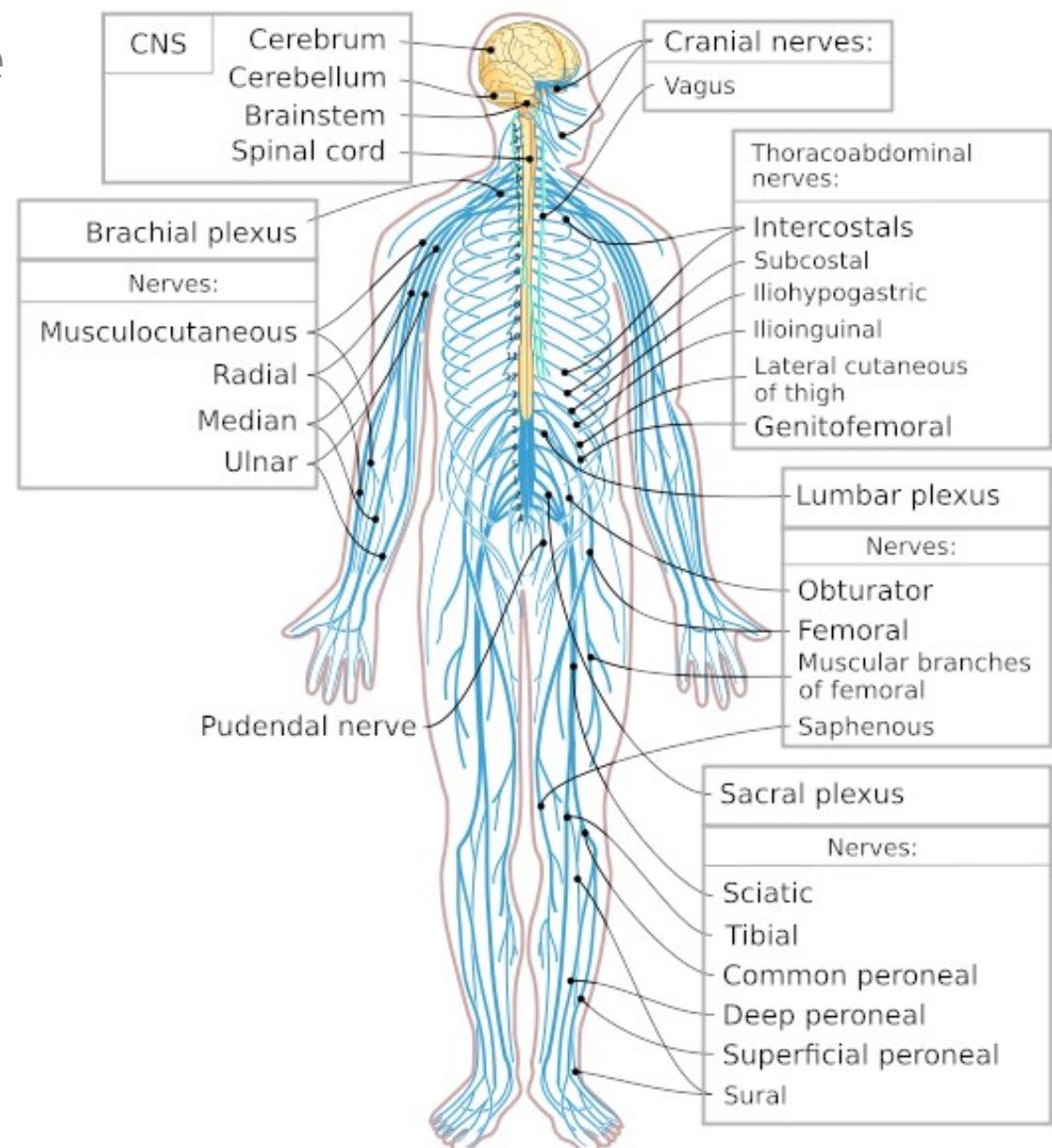
## il liquido cerebro-spinale

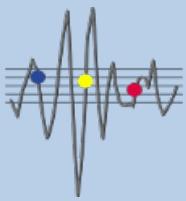




# il sistema cranio-sacrale

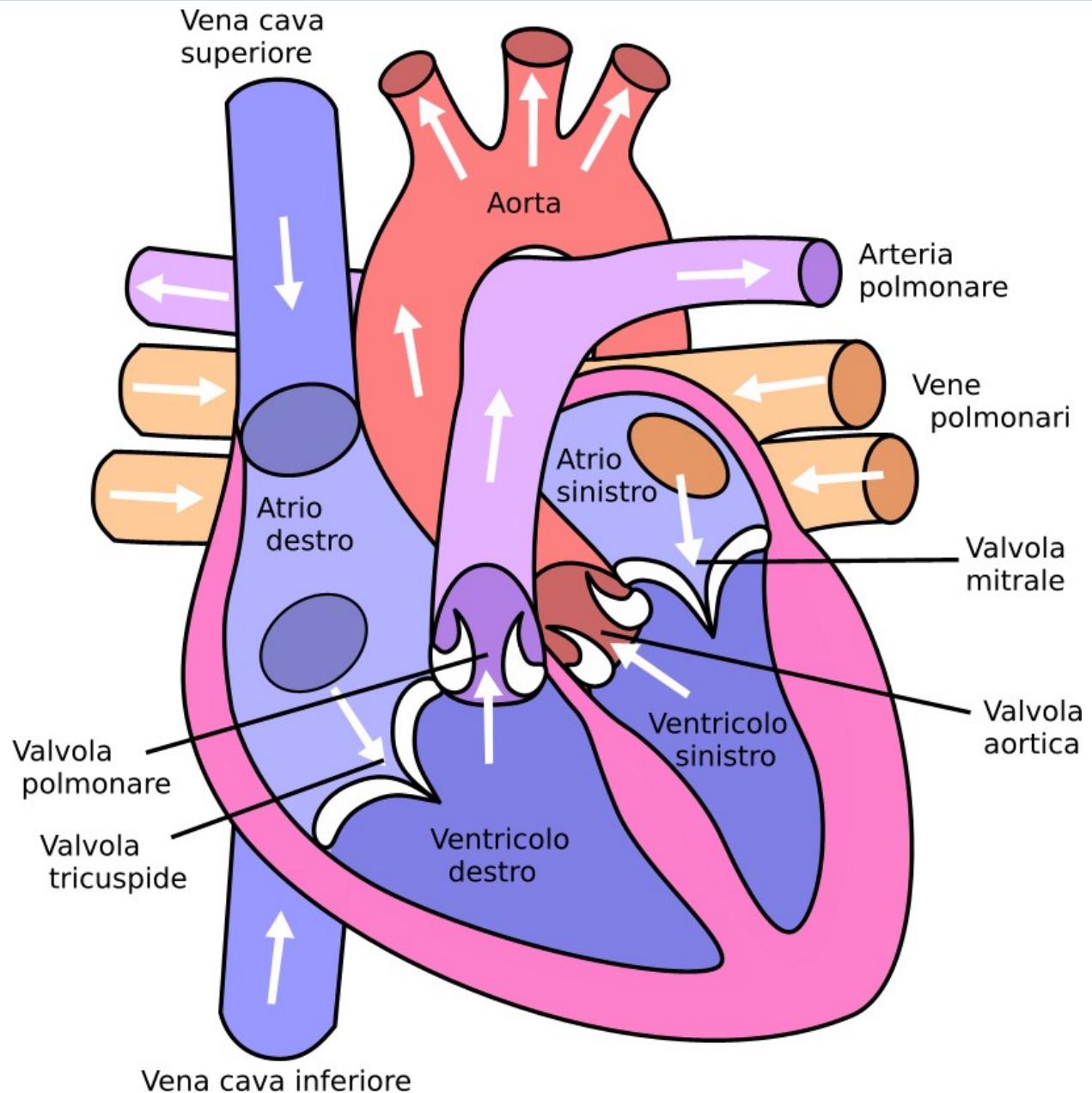
## il sistema nervoso centrale

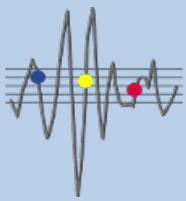




# tensione e distensione

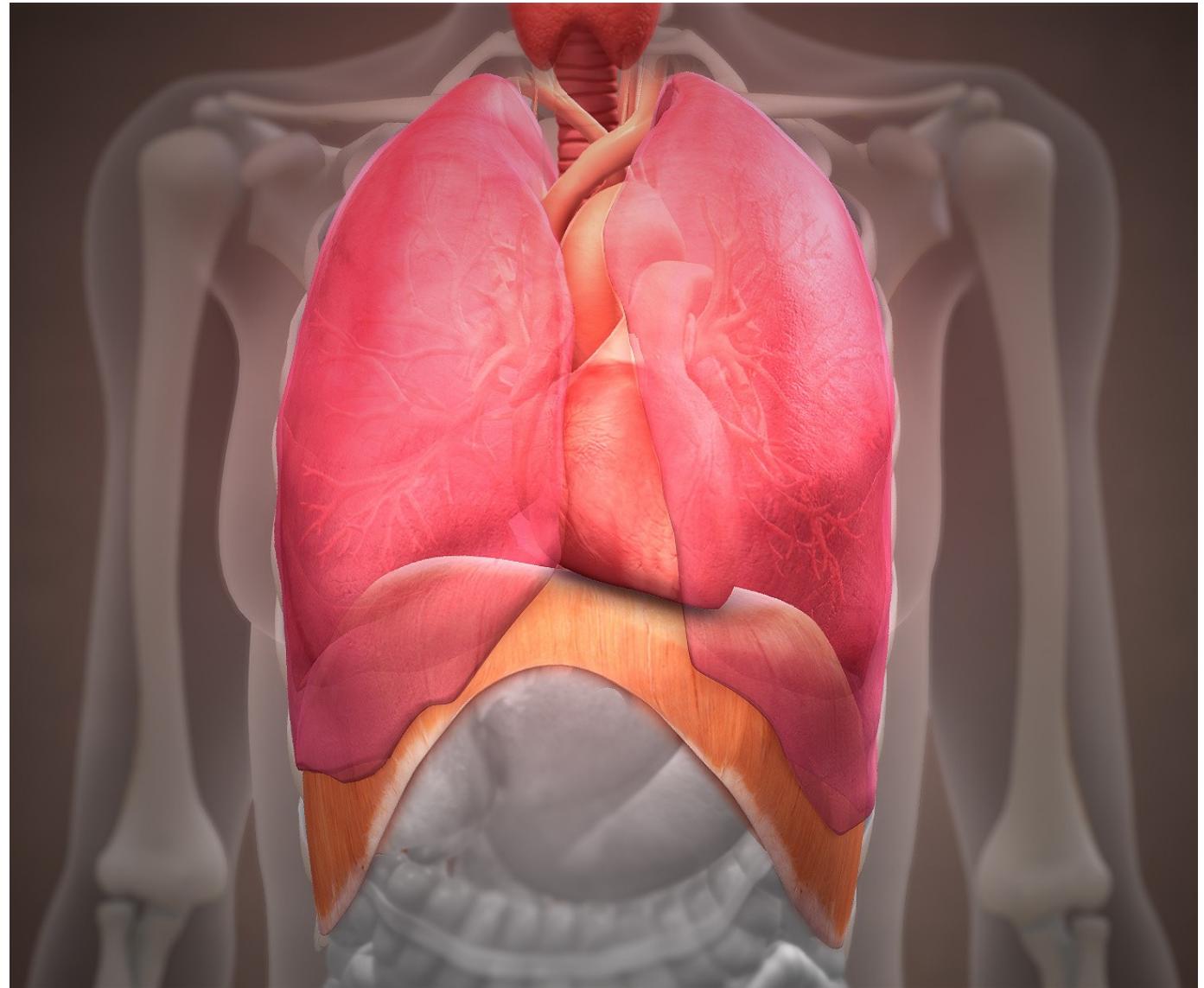
## pulsazione

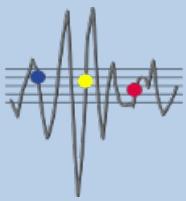




# tensione e distensione

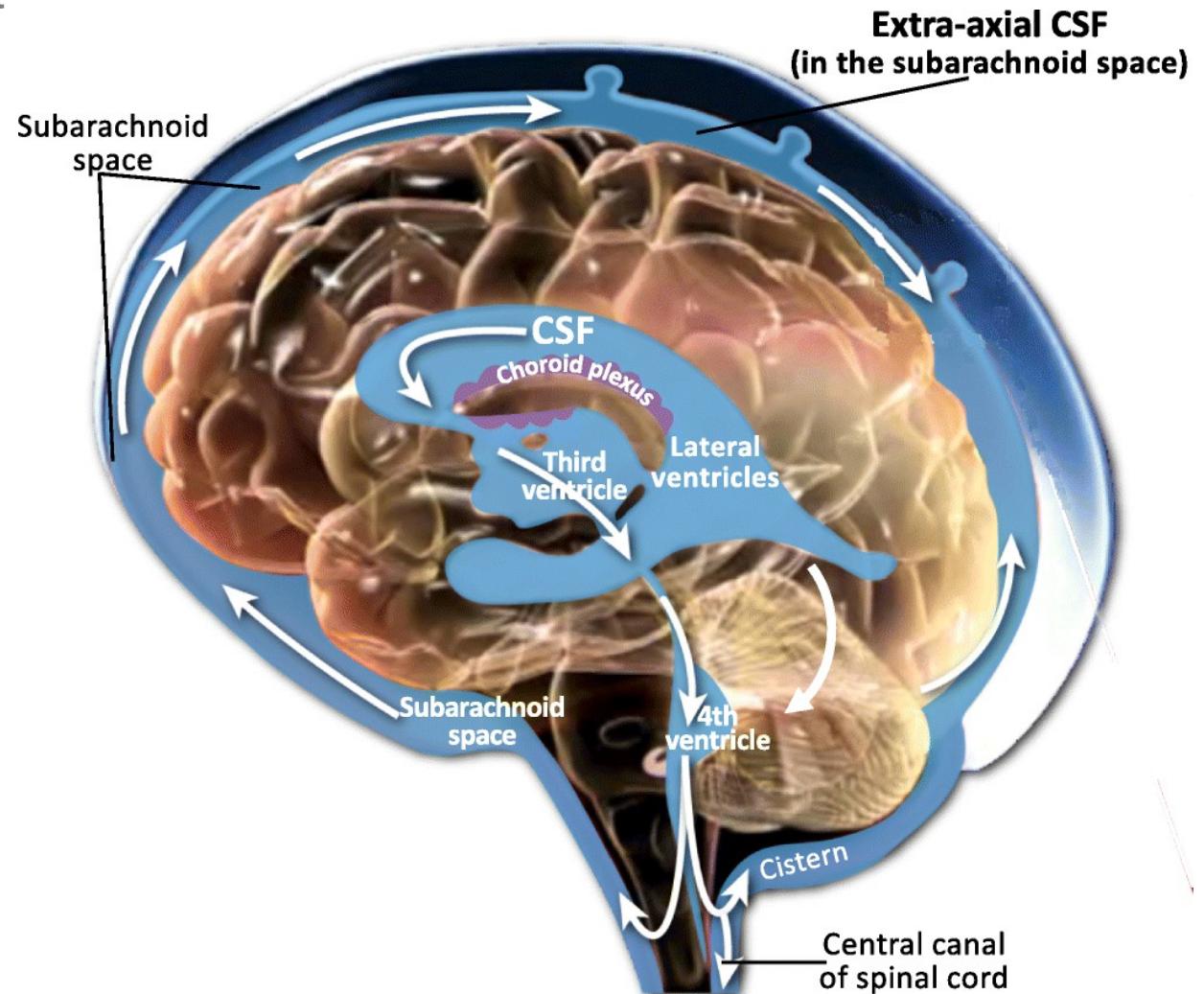
respirazione

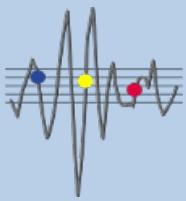




# tensione e distensione

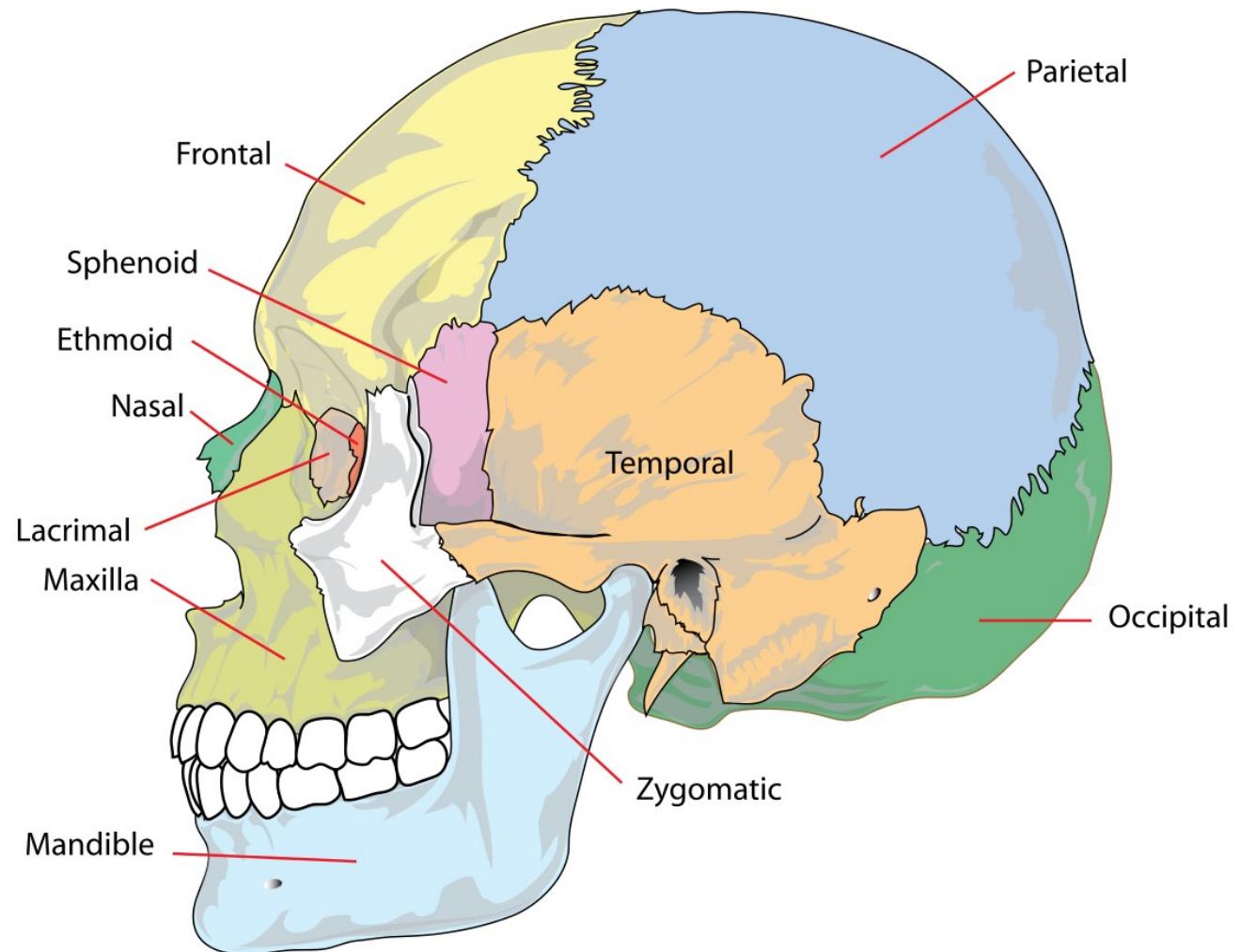
circolazione primaria  
(maree) del liquor

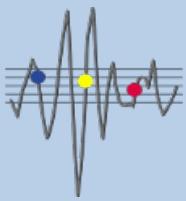




# tensione e distensione

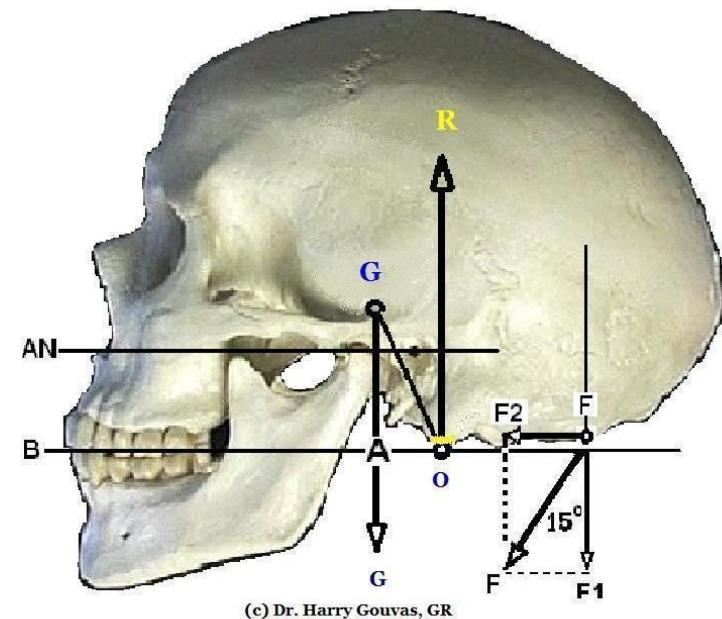
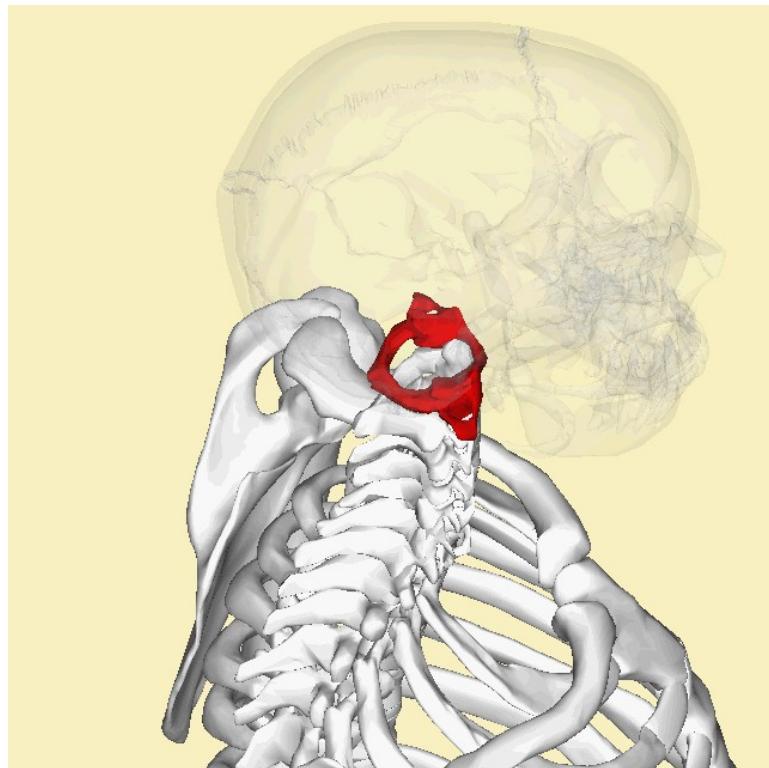
## articolazioni del cranio





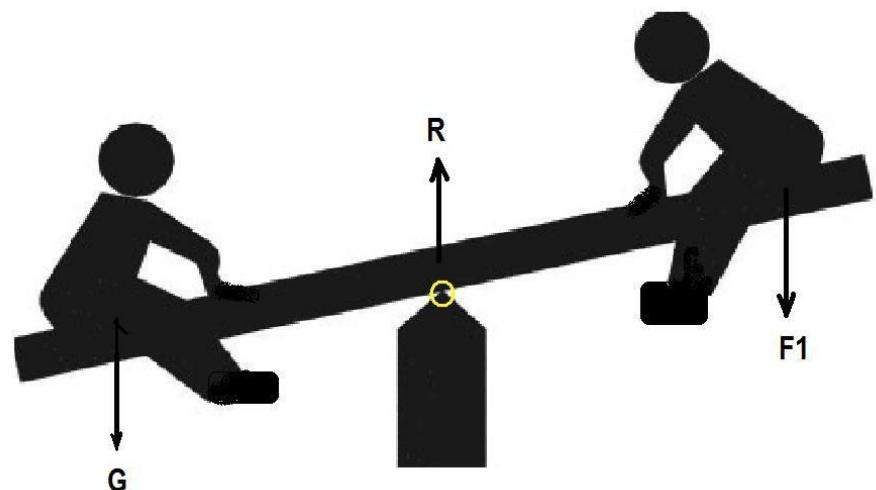
# tensione e distensione

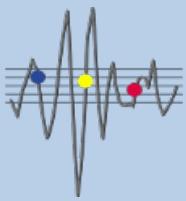
## articolazione della base cranica



(c) Dr. Harry Gouvas, GR

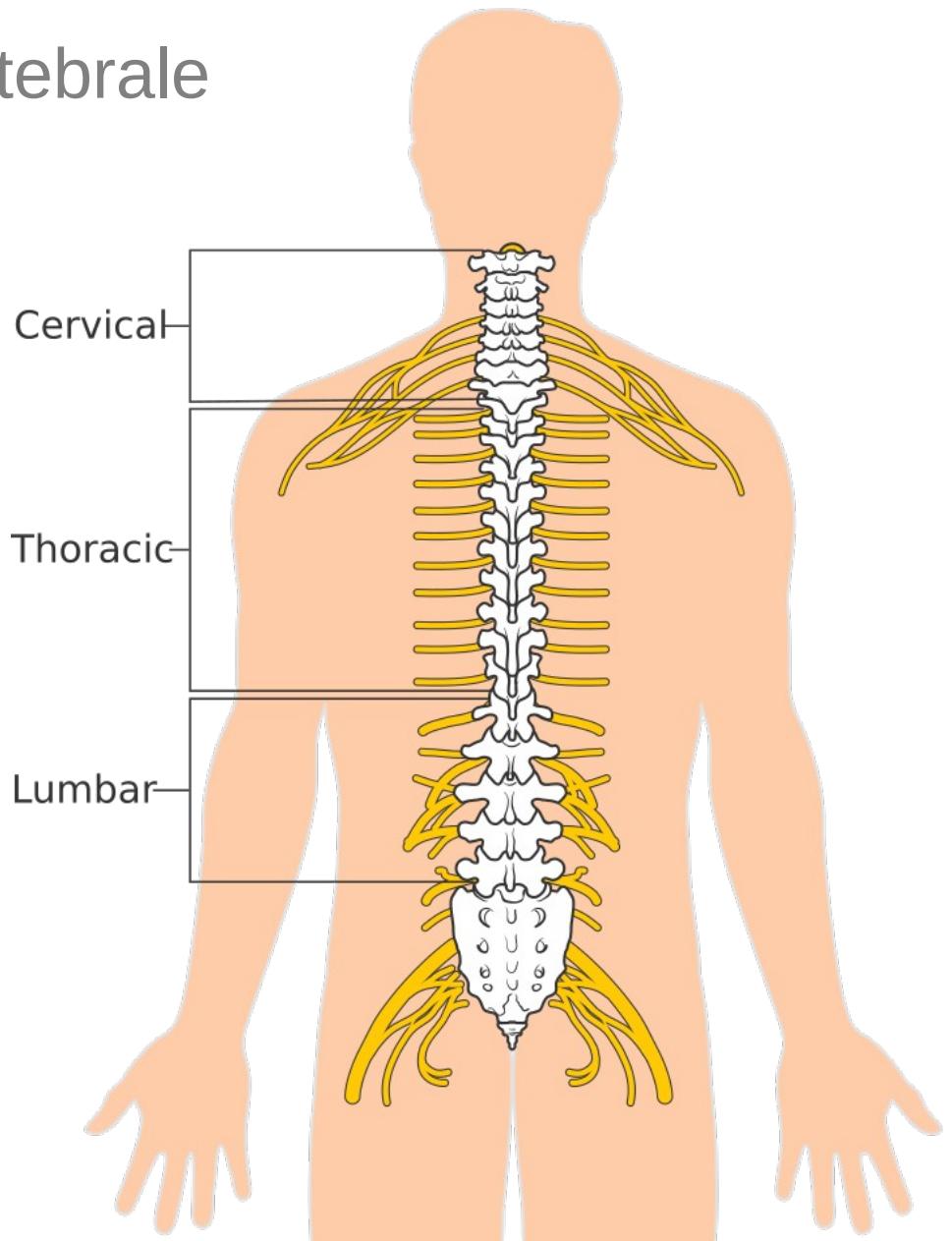
Biomechanics of Atlantooccipital Region





# tensione e distensione

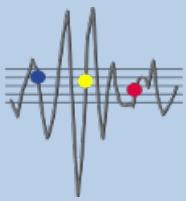
## articolazioni della colonna vertebrale





# elasticità

- tensioni croniche
- alterazioni funzionali
- tensione centrale = manifestazione periferica
- elasticità = **Equilibrio e Omeostasi**



# Pratiche quotidiane

## COMINCIAMO DAL CORPO

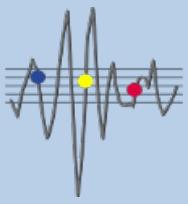
Questo esercizio dura circa 5 minuti e va praticato 1 volta al giorno.

Questa pratica può sostituire quella dedicata alla propriocezione  
(vedi pillola 2).

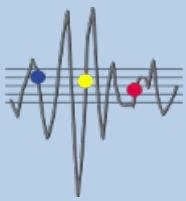
(il file audio-guida in formato mp3 è pubblicato sul sito [www.harmonio.org](http://www.harmonio.org) come “allegato” nella pagina dedicata alle pillole. Per scaricarlo click destro e dal menù a tendina seleziona “Salva destinazione con nome”)

La sintesi è:

- seduta/o, chiudo gli occhi
- lascio andare l'aria lentamente (non la spingo fuori).
- Per circa quattro minuti mi concentro sul sistema cranio-sacrale nelle sue varie parti
- Dopodiché praticherò un momento di “silenzio interiore”.



# **BUONE PRATICHE DI ATTENZIONE CRANIO-SACRALE**

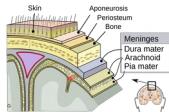


# indice dei materiali

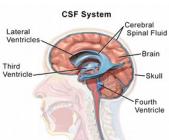
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Internet Archive Book Images / No restrictions,  
The physiology and hygiene of the house in which we live (1887) (14594937080).jpg



SVG by Mysid, original by SEER Development Team [1], Jmarchn, Meninges-en, CC BY-SA 3.0



BruceBlaus. When using this image in external sources it can be cited as: Blausen.com staff (2014). "Medical gallery of Blausen Medical 2014". WikiJournal of Medicine 1 (2). DOI:10.15347/wjm/2014.010. ISSN 2002-4436., Blausen 0216 CerebrospinalSystem, CC BY 3.0



Nervous system diagram, Cancer Research UK / CC BY-SA

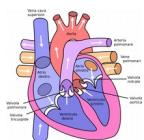
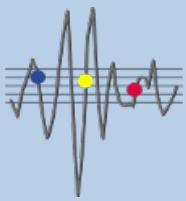


Diagram of the human heart, Wapcaplet, Yaddah / CC BY-SA 3.0

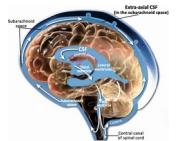


www.scientificanimations.com, Medical Animation Diaphragm Structure, CC BY-SA 4.0

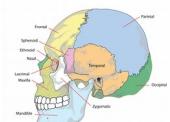


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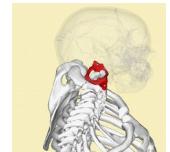
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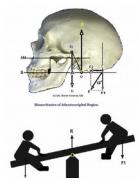
Mark D. Shen, CSF circulation, CC BY-SA 4.0



LadyofHats, Human skull side simplified (bones), marked as public domain



Anatomography, Atlas (C1) from top animation, CC BY-SA 1.0



The original uploader was Harrygouvas at Greek Wikipedia., Kinesiology Skull-Atlas, Head Seesaw, CC BY-SA 3.0

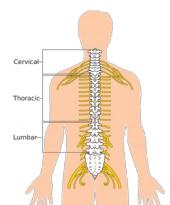


Diagram of the spinal cord CRUK 046, CC BY-SA 4.0