

CONJUGATE GAZE CRANIAL RELEASE

QUICK-START GUIDE

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The following protocol accompanies the *Conjugate Gaze Cranial Release* instructional DVD. The author assumes no liability for its use. Please refer to DVD *Disclaimer* that accompanies this Quick-Start Guide.

This is a safe and easy way to begin using *Conjugate Gaze Cranial Release*. This protocol can be implemented as a standard approach to musculoskeletal syndromes, chronic pain, and non-pathological headaches and for general patient relaxation.

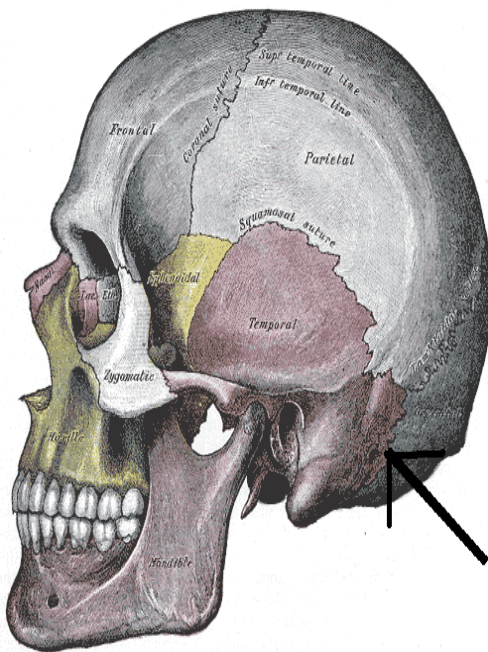
STANDARD 3 STEP CRANIAL VAULT HOLD AND RELEASE PROTOCOL

STEP 1: OCCIPITOMASTOID HOLD AND RELEASE





These are the occipitomastoid sutures.



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Practitioner cradles the occiput and performs a slow cupping distraction of the fascia until an end-point is felt. Upon release this is followed by a gentle gliding toward the patient's neck. The practitioner holds the cupping distraction until the end-point is released, and then proceeds in the opposite direction with the gentle gliding of the fascia. If one side of the occipital fascia is resistant to release the patient can perform 3 conjugate gazes away from the side of the fascial restriction, and hold the last gaze for 3 seconds as the practitioner holds the contact. This will usually release the fascial restriction.