

What's That Slinky Inside my Body? -- Making Friends with Your Dural Tube

Let's face it; the dural tube is not a part of the body that most people think about very much. Many people probably don't even know they have one. It is a long tube of connective tissue running inside the vertebrae of the spine. The dural tube surrounds and protects the nerves of the spinal chord and is continuous with the connective tissue on the inside and outside of the brain.

The dural tube must be able to slide easily up and down within the vertebrae in order to allow the spine free movement. Sometimes though, instead of moving freely, the tube becomes stuck in places, causing pain or restricting your range of motion. Because the dural tube connects your head to your tailbone, problems in the tube can show up as inexplicable pain or decreased function in these other areas.

CranioSacral therapists use several exceedingly gentle techniques to help free up restrictions in the dural tube. One of these techniques involves guiding the tube back and forth in the vertebral canal in tune with the rhythm of ebb and flow of cerebral-spinal fluid inside the body. This loosens restrictions in the little slinky-like rings in the dural tube and can create a powerful feeling of relaxation and well-being.