

Gary Johnson
Doctor of Physical Therapy
Licensed Medical Massage Therapist
Upledger Certified Craniosacral Therapist
Certified Yoga Teacher

Office located in northern Cincinnati.
Office fee approximately \$100/hour



cranial and facial bones, it is more broadly a treatment approach that can be applied anywhere in the body. The general philosophy of CST is that you can affect the body much deeper if the manipulation is so gentle that it does not trigger a neuro-reflexive guarding response like most other manual therapies.



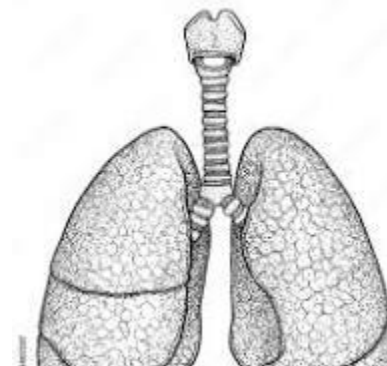
Trauma is a term used with and without physical injury. Pain and dysfunction can emerge because natural healing processes are interrupted because of emotional and mental obstacles (fear, anxiety, anger). **Somatoemotional Release** is complementary modality often used with Craniosacral therapy that recognizes and helps resolve obstacles so that natural healing can continue naturally.

I do not accept insurance, but **for most people my rates are lower than using insurance** (before meeting insurance deductible). The information below is based on a clinic I went to in 2024.

	Insurance Clinic	Me
Cost per Minute (based on three visits)	\$2.00	\$1.67
Recommended Frequency of Visits Per Month	4-8	1-2
HSA Card Accepted	YES	YES

I have an unusual credential that most other therapists don't... I train other therapists!
I have been a teaching assistant for both the Upledger Institute (Craniosacral) and the Barral Institute (Visceral Manipulation). Since 2021, I have consistently attended over 200 hours of training/teaching each year.

Craniosacral Therapy is a gentle touch therapy developed by Osteopathic physicians. Although it is commonly associated with gentle manipulation of



Visceral Manipulation is a gentle touch therapy like craniosacral therapy, but it generally targets very specific visceral ligaments in the torso. It was developed by Osteopathic physicians. Although invented to treat visceral organ dysfunction, visceral manipulation can also be the missing link to musculoskeletal problems like headache, back and neck pain. Its general ideology is to increase neuro-proprioception of organs by gently restoring range of motion to the associated fascial tissues/ligaments within the torso.

Please visit my website for more information.