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| formula | Formulas are equations that perform calculations on values in your sheet. You can create a simple formula by using constant and calculation operator. |
| Project Management | Revisits and refines a product through repeated cycles, incorporating feedback to meet evolving requirements and improve quality. |
| Andrea | A visual Agile methodology using boards and work-in-progress limits to manage workflows and improve efficiency. |
| Bob | A fixed time period during which an Agile team completes specific tasks or deliverables toward a project goal. |
| Agile practice | Refers to both the overlapping of cranial bones during birth and their gradual repositioning afterward |
| Acceptance Criteria | Specifies the conditions under which a product or feature is considered complete and meets stakeholder requirements. Often written as "Given, When, Then." |
| Agile | A flexible, iterative project management approach emphasizing value delivery, collaboration, and responsiveness to change. |
| Agile Manifesto | A set of values and principles prioritizing individuals, interactions, working software, customer collaboration, and adaptability over rigid processes. |
| Burndown Chart | A visual representation tracking work remaining in a sprint or project, showing progress toward completion over time. |
| Crystal Clear | An Agile framework focusing on team collaboration, individuals, and adaptability, rather than strict processes or tools. |
| Definition of Done | A shared agreement outlining all criteria a product or feature must meet to be considered complete by the team and stakeholders. |
| Dynamic Systems Development Method (DSDM) | A framework blending Agile and Lean principles, prioritizing value delivery, stakeholder collaboration, and iterative development. |
| Incremental | Delivers the project in smaller, usable portions with fixed requirements per increment, allowing frequent smaller deliveries. |
| Iterative Project Management | Revisits and refines a product through repeated cycles, incorporating feedback to meet evolving requirements and improve quality. |
| Kanban | A visual Agile methodology using boards and work-in-progress limits to manage workflows and improve efficiency. |
| Kanban Board | A tool that displays tasks and their status in columns, enabling teams to visualize workflows and manage work-in-progress limits effectively. |
| Product Backlog | A prioritized list of desired features, tasks, or improvements maintained by the Product Owner in an Agile project. |
| Retrospective | A meeting held after a sprint or iteration to review outcomes, identify improvements, and gather feedback from the team. |
| Scaled Agile Framework (SAFe) | A framework for implementing Agile practices across large organizations, aligning multiple teams toward shared goals. |
| Scrum | An Agile framework focusing on iterative development, time-boxed sprints, and structured roles like Scrum Master and Product Owner. |
| Sprint | A fixed time period during which an Agile team completes specific tasks or deliverables toward a project goal. |
| Sprint Planning | A meeting where the team and Product Owner plan the goals, deliverables, and tasks for the upcoming sprint. |
| Sprint Review | A meeting at the end of a sprint where the team demonstrates completed work to stakeholders and gathers feedback. |
| Variance Analysis | A predictive measurement technique comparing planned versus actual performance to identify deviations and their causes. |
| Waterfall | A predictive, linear project management approach where fixed requirements are addressed in a single, sequential delivery. |
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| Agile practice | Agile software development is an umbrella term for approaches to developing software that reflect the values and principles agreed upon by The Agile Alliance |
| Anterior cervical release | Technique to gently release tensions in the neck and throat area |
| Anterior cranial fossa | Front part of the skull base, often assessed for balance |
| Autonomic nervous system (ANS) | A component of the PNS that regulates involuntary physiologic processes including heart rate, blood pressure, respiration, digestion, and sexual arousal. ANS is divided further into the Sympathetic and Parasympathetic nervous systems. |
| Balance point | Location where tension equalizes in the body, often a CST focus |
| Peripheral nervous system (PNS) | Consists of the nerves outside the CNS, connecting CNS to the limbs and organs. It is divided further into Somatic and Autonomic nervous systems. |
| Central nervous system (CNS) | The brain and spinal cord, which control most functions of the body and mind that processes information and coordinates activities:   * Sensory Processing * Voluntary actions and reflexes * Emotions, behavior, and decision-making * Thinking, memory, and problem-solving * Body balance like temperature and hunger * Sleep cycles and alertness |
| Sympathetic nervous system | A component of the ANS, which is a component of the peripheral nervous system. Activates the "fight or flight" response |
| Parasympathetic nervous system | A component of the ANS, which is a component of the peripheral nervous system. Promotes "rest and digest" activities |
| Somatic nervous system | Part of the Peripheral nervous system. Enables voluntary control of body movements. Provides sensory feedback (touch, pain and temperature), helping us interact with the environment with voluntary muscle control |
| Bone Fluid model | Concept that bones act like semi-solid fluids, moving in response to the craniosacral rhythm |
| Cerebellar fluid balance | Balancing fluid dynamics around the cerebellum for cranial stability |
| Cerebrospinal fluid (CSF) | Fluid surrounding the brain and spinal cord, helping cushion and nourish these areas |
| Compression | Restriction or tightening within the craniosacral system, limiting movement |
| Core link | Connection between the cranium and sacrum, a foundational CST concept |
| Core rhythm | Fundamental rhythm of the craniosacral system guiding CST adjustments |
| Cranial base | The base of the skull |
| Cranial flexibility | Ability of cranial bones to move subtly |
| Cranial fluid dynamics | Movement patterns of cerebrospinal fluid within the craniosacral system |
| Cranial nerves | Nerves that emerge from the brain, influenced by CST techniques |
| Cranial rhythm | The cranial rhythm in CST, also called the primary respiratory mechanism, driven by the movement of cerebrospinal fluid (CSF). This rhythm arises from the production and reabsorption of CSF. Tissue motility, membrane tension, and the motion of the cranial bones and sacrum all contribute to maintaining this rhythm |
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| Cranial sutures | Joints between cranial bones, providing flexibility and movement |
| Cranial unwinding | Gentle process allowing cranial bones to naturally find a balanced state |
| Cranial vault | The upper part of the skull enclosing and protecting the brain |
| Craniosacral fluid (CSF) |  |
| Craniosacral rhythm | Subtle rhythmic motion within the craniosacral system, distinct from breathing or heartbeat |
| Craniosacral system | System of membranes and cerebrospinal fluid surrounding the brain and spinal cord. Includes the cranial bones, spinal column, sacrum, meninges (dura mater, arachnoid mater, and pia mater), and CSF |
| Craniosacral therapy (CST) | A soft-touch therapy aimed at releasing restrictions in the craniosacral system to improve health |
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| Diaphragm release | Technique to gently release restrictions in the diaphragm, promoting breath and fluid flow |
| Direction of Energy | Technique using subtle touch to guide the body’s natural energy toward balance |
| Dural Tube | Protective sheath surrounding the spinal cord, often a focus in CST |
| Emotional body | Concept in CST for emotions stored within physical tissues |
| Energy Cyst | Concept of trapped energy in tissues, potentially causing restrictions |
| Extension | Opposite of flexion, where cranial bones move inward |
| Fascial release | Technique to gently free restrictions in connective tissue |
| Fascial system | Connective tissue network that supports and surrounds muscles and organs |
| Flexion | Movement phase in the craniosacral rhythm where bones move outward |
| Flexion-Extension cycle | Cycle of craniosacral rhythm involving outward and inward movements |
| Frontal Lift | CST technique gently lifting the frontal bone to release restrictions |
| Grounding | Therapist’s practice of maintaining a stable, calm state during CST |
| Healing resonance | Therapeutic connection between practitioner and client promoting relaxation |
| Hyoid diaphragm | Fascial layer at the throat, affecting swallowing and vocalization |
| Hyoid release | Technique to release restrictions in the hyoid bone area |
| Inner wisdom | Term in CST for the body’s inherent healing intelligence |
| Interosseous membranes | Thin layers between bones, facilitating movement and fluid flow |
| Intracranial membrane system | Membranes within the skull that influence cerebrospinal fluid flow |
| Light Touch | The gentle contact used by CST practitioners to feel and influence craniosacral rhythm |
| Lymphatic system | Body system aiding fluid drainage, sometimes influenced in CST |
| Mandible decompression | Technique to ease tension around the jaw, balancing cranial rhythm |
| Mobility | Movement of a structure in relation to surrounding structures |
| Motility | Inherent, rhythmic movement within an organ or tissue, not reliant on external forces |
| Neural pathways | Routes for nerve impulses, influenced in CST through gentle adjustments |
| Neurovascular release | Releasing restrictions in areas affecting nerves and blood vessels |
| Occipital base release | Technique focused on releasing the occiput for cranial balance |
| Occipital cranial base | Area where the occiput meets the spine, key for CST adjustments |
| Occiput | The back part of the skull, often a focus area in CST |
| Palpation | Light touch used to feel and assess craniosacral rhythm and tissue restrictions |
| Pelvic diaphragm | Lower fascial layer supporting pelvic organs |
| Pelvic floor | Group of muscles and fascia supporting pelvic organs, gently released in CST |
| Periosteum | Membrane covering bones, sensitive to touch, affected in CST |
| Primary Respiratory Mechanism | The inherent rhythm of the craniosacral system, distinct from breath  This rhythm arises from the production, movement, and reabsorption of CSF. Tissue motility, membrane tension, and the motion of craniospinal bodies and sacrum contribute to maintaining this rhythm |
| Proprioception | Body’s awareness of its position, influenced by CST touch |
| Release | Letting go of tension or restrictions within tissues |
| Resonance | Therapeutic synchronization of rhythms between practitioner and client |
| Respiratory diaphragm | Fascial layer beneath lungs, involved in breathing and circulation |
| Restriction | Area of limited movement, often due to tension or dysfunction |
| Rhythmic balance | Harmonizing the craniosacral rhythm for overall equilibrium |
| Sacral rocking | Technique involving gentle rocking of the sacrum to encourage release |
| Sacroiliac balance | Technique focusing on the connection between the sacrum and pelvis |
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| Self-regulation | Body’s capacity to maintain homeostasis |
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| Somatic awareness | Client’s perception of their body sensations |
| Somatic memory | Stored memory within tissues, sometimes released in CST |
| SomatoEmotional release | A release of emotions stored in physical tissues |
| Sharpey’s fibers | Collagen fibers that secure tendons and ligaments to bone by anchoring the periosteum, enhancing skeletal stability. |
| Wolff’s law | Explains bone remodeling in response to physical activity by stating that bones adapt to the loads they experience; strengthening with increased stress and weakening under reduced stress. |
| Still Point | A therapeutic pause in the craniosacral rhythm, promoting recovery and balance |
| Suboccipital release | Technique focusing on the area just below the occiput for relaxation |
| Sella turcica | a saddle-shaped depression in the sphenoid bone that houses the pituitary gland, which regulates hormone production |
| Sutural release | Technique to relieve tension at cranial sutures, enhancing mobility |
| Foramen ovale | An oval-shaped opening in the sphenoid at the base of the skull essential for transmitting facial sensation and movement |
| Temporal rock | Technique to balance the temporal bones |
| Tentorium cerebelli | Fascial layer in the skull separating the cerebrum and cerebellum |
| Therapeutic pulse | Subtle, rhythmic pulse felt by CST practitioners, guiding therapy |
| Therapeutic touch | Light, intentional contact used to promote relaxation and healing |
| Thoracic inlet | Area at the neck’s base and entry into thorax, often assessed for restrictions |
| Thoracic release | Technique to release restrictions in the upper chest region |
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| Transverse fascial diaphragms | Horizontal layers of fascia and key areas for balance |
| Vector | Direction of tension or force within tissues |
| Visceral manipulation | Gentle touch technique on organs, sometimes integrated with CST |
| V-Spread technique | Gentle se**pa**ration of cranial bones, promoting relaxation |
| Rhinorrhea | The discharge of any thin, runny fluid especially in cases of injury |
| Cribriform plate | A thin, sieve-like bone at the top of the nasal cavity, forming part of the ethmoid. It has small holes that allow the passage of olfactory nerves from the cavity to the olfactory bulbs in the brain. Vulnerable to injury |
| Black dresser cat hid |  |
| Images | |
| Ala | Wing-like structures on each side of the sacrum, connecting to the pelvis |
| Annulus Fibrosus | Outer ring of intervertebral discs, providing strength and stability |
| Arachnoid mater | Web-like middle membrane between the dura and pia mater, containing cerebrospinal fluid |
| Atlas | First cervical vertebra (C1), supporting the skull and enabling head movement |
| Axis | Second cervical vertebra (C2), with the odontoid process for head rotation |
| Cervical vertebrae | First 7 vertebrae in the spine (C1-C7), located in the neck and supporting the skull |
| Choroid plexus | A network of cells in the brain’s ventricles that produce cerebrospinal fluid (CSF). It filters blood plasma to create CSF, which cushions, nourishes, and removes waste for craniospinal structures |
| Coccyx | Tailbone, composed of Inferior articular process -5 fused vertebrae at the spine’s end |
| Costal facets | Small depressions on thoracic vertebrae where ribs attach. |
| Craniospinal | Refers to anything relating to structures, systems, or conditions for both the cranium and spinal cord. |
| Dura mater | Tough outer membrane surrounding the brain and spinal cord, protecting the central nervous system. |
| Ethmoid bone | Bone located between the eyes, forming part of the nasal cavity and eye orbits. |
| Foramen magnum | Large opening in the occipital bone for spinal cord passage into the brain. |
| Frontal bone | Bone forming the forehead and upper eye sockets, contributing to the cranial vault. |
| Hyoid bone | U-shaped bone in the neck, supporting the tongue and aiding in swallowing. |
| Inferior articular process | Projections on vertebrae connecting with the vertebra below. |
| Inferior nasal conchae | Thin, scroll-like bones in the nasal cavity, helping filter and humidify air. |
| Intervertebral discs | Cushions between vertebrae, absorbing shock and providing flexibility. |
| Lacrimal bones | Small bones in the eye socket, containing a canal for tear drainage. |
| Lamina | Part of each vertebra forming the back wall of the vertebral foramen. |
| Lumbar vertebrae | 5 vertebrae (L1-L5) in the lower back, supporting body weight. |
| Mandible | Lower jawbone, the only movable skull bone, supporting the lower teeth. |
| Maxilla | Upper jawbone, supporting the teeth and forming part of the nasal cavity. |
| Nasal bones | Small bones forming the bridge of the nose. |
| Nuchal lines | Ridges on the occipital bone for muscle attachment. |
| Nucleus pulposus | Gel-like center of intervertebral discs, aiding in shock absorption. |
| Occipital bone | Bone at the skull’s base, containing the foramen magnum for spinal cord passage. |
| Odontoid process (Dens) | Upward projection on the axis (C2) allowing head rotation. |
| Palatine bones | Bones forming part of the nasal cavity and the roof of the mouth. |
| Parietal bones | Paired bones on the sides of the skull, forming most of the cranial roof. |
| Pars interarticularis | Part of vertebra between superior and inferior articular processes, vulnerable to fractures. |
| Pedicle | Short projection from the vertebral body, forming the vertebral arch. |
| Pia mater | Thin, inner membrane adhering to the brain and spinal cord, providing nourishment. |
| Posterior sacral foramina | Openings on the back of the sacrum for nerve and vessel passage. |
| Sacral canal | Continuation of the vertebral canal within the sacrum, allowing nerve passage. |
| Sacral foramina | Openings in the sacrum for nerve passage to the lower body. |
| Sacral hiatus | Opening at the lower sacrum, providing access to the sacral canal. |
| Sacral promontory | Uppermost part of the sacrum that connects with the last lumbar vertebra. |
| Sacrum | Triangular bone at the spine’s base, composed of 5 fused vertebrae, connecting to the pelvis. |
| Sphenoid bone | Butterfly-shaped bone at the skull base, connecting various cranial bones. |
| Spinal cord | Nerve column extending from the brainstem to the lower back, transmitting signals throughout |
| Spinous process | Bony projection on the back of each vertebra along the spine’s midline |
| Superior articular process | Bony projections on vertebrae that form joints with adjacent vertebrae |
| Temporal bones | Bones located on each side of the skull, housing the inner ear structures |
| Thoracic vertebrae | 12 vertebrae (T1-T12) in the upper back, attached to the ribs |
| Transverse process | Lateral extensions on each vertebra for muscle and ligament attachment |
| Ventricle | Any fluid-filled cavity that produces and circulates CSF. There are four: two lateral ventricles, and the third and fourth ventricle |
| Vertebral arch | Bony arch surrounding the spinal cord within each vertebra |
| Vertebral foramina | Openings in each vertebra for spinal cord passage |
| Vomer | Bone forming part of the nasal septum, dividing the nasal cavity |
| Zygomatic | Cheekbones forming the prominence of the cheeks and part of the eye orbit |
| Arachnoid Granulations |  |
| First Ventricle |  |
| Second Ventricle |  |
| Third Ventricle |  |
| Fourth Ventricle |  |
| Fifth Ventricle |  |
| Glial cells |  |
| meninges |  |
| Cranial molding | Refers to both the overlapping of cranial bones during birth and their gradual repositioning afterward |
| SomatoEmotional Release (SER) |  |
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