

# Cranial Facial Release - A Specialized Treatment

by Dr. Adam Del Torto, Jr.



**C**ranial Facial Release Technique (CFR) was originated by Dr. Adam Del Torto, and is an advanced form of “Balloon Assisted” cranial adjusting. CFR was derived from an earlier form of cranial balloon adjusting called Bilateral Nasal Specific (BNS) pioneered by chiropractor Dr. Richard Stober back in the 1960s and 1970s. CFR is a modified version of BNS but much more specific and a lot more tolerable for the patient.

CFR incorporates the use of tiny balloons that are carefully inserted in the nose (specifically the naso pharynx) and quickly inflated to open up the breathing passageways, unlock cranial fixations, and mobilize the bones of the face and cranium.

To understand how CFR technique works it is important to realize that the skull is not one solid bone — it is made up of 22 individual bones that actually move every time you breathe — or at least they are supposed to. Every time you inhale, the ventricles of the brain collapse and produce cerebral spinal fluid, squeezing CSF out into the subdural space that surrounds the brain and the spinal cord. This causes an increased “intra thecal pressure” inside the cranium that must be accommodated. To allow for this increased pressure the skull expands every time you inhale with each of the cranial bones having their own

specific direction of motion — and every time you exhale your skull relaxes and contracts. This motion is imperative to normal cranial function and the function of the central nervous system.

The primary bone of the cranial system is the sphenoid bone, which is the principal bone we are targeting in CFR technique. It is the most centralized bone of the cranium and attaches the facial skeleton to the cranial vault. The sphenoid bone is often referred to as the “crucible bone” as it houses the pituitary gland which is the “Master Gland” controlling the overall function of the endocrine system. This is important to understand as normal sphenoid function and sphenoid “movement” are an intricate part of normal pituitary function and overall endocrine function.

The main “hinge” of this dynamic moveable cranial system is located at the spheno-basilar junction, where the occiput articulates with the sphenoid bone. This articulation is a symphysis joint, meaning that it

is “disc-like,” which allows for movement and the overall flexion and relaxation of the skull during respiration. Every time you inhale, the skull expands and the spheno-basilar junction goes into flexion. The occiput moves inferiorly and slightly anterior during this inhalation phase of respiration. At the same time, the sacrum also moves in a similar fashion with the sacral apex also moving in a slightly anterior direction. This coordinated movement is facilitated by the dural attachment at the occiput and the sacrum which acts like a lever between the two, forming the sacral-occipital pump. When the cranial system becomes fixated and its movements are impaired, this impedes the normal flow of cerebral spinal fluid throughout the brain and spinal cord which alters the function of the nervous system and the endocrine system, and directly affects normal body function. Aberrations of the cranial system are very common, and some of the causes may surprise you — things like traumatic birth processes, innocent bumps on the head, facial trauma

## Cranial Facial Release can be used to address a variety of issues:

- Breathing Disorders • Sinus Conditions • Snoring • Sleep Apnea • Migraine Headaches
- Head Trauma • Post-Concussion Syndrome • Chronic Fatigue Syndrome • Trigeminal Neuralgia • Facial Paralysis • Bell's Palsy • Tinnitus • Vertigo • Seizures • Strokes • Insomnia
- TMJ Disorders • Learning Disorders • Attention Deficit Disorder • Neurological Disorders
- Emotional Disorders • Hearing Impairments • Vision, Stigmatism • Glaucoma • Anxiety
- Autism • Depression • Neurosis • Epilepsy • Downs Syndrome • Cerebral Palsy • Multiple Sclerosis • Muscular Dystrophy • Parkinson's Tremors

ma, severe head trauma, uneven bite force, TMJ disorder, conventional orthodontic procedures, whiplash injuries, etc. These “cranial subluxations” can be easily detected through CFR testing procedures and corrected with CFR technique.

What makes CFR unique and differentiates it from other forms of balloon assisted cranial adjusting is that it incorporates SOT treatment protocols to correct spinal and sacral aberrations, and clears everything below the atlas before addressing the cranium. CFR also integrates “post inflation” cranial procedures using conventional cranial adjusting techniques to support and facilitate the CFR balloon adjustment.

The whole CFR inflation procedure takes approximately 2 to 3 seconds, and consists of a series of 4 treatments performed over a 7-10 day period. The process isn't really considered painful, but is not exactly comfortable either. It feels very similar to the sensation one experiences when jumping into a swimming

pool and having water shoot up your nose.

CFR has been used quite successfully in the treatment of various neurological and structural disorders, often as a last resort treatment where other more conventional methods have failed.

CFR received international recognition about 5 years ago when the E-Channel did a feature on Dr. Adam that was aired worldwide. Dr. Adam started getting calls from all over the globe from patients wanting to know where they could get the procedure done, and doctors wanting to know where they could learn it. Thus, Dr. Adam started working on CFR technique to organize it into a teachable format to show other doctors how to perform this specialized technique. The cost of the CFR treatment to the patient is \$975 for the first series of four, \$850 for a second series, \$725 for the third, and \$600 for every series thereafter. Patients usually require 4-6 series of treatments over

a six to eight month period to obtain maximal results.

Dr. Del Torto is now teaching CFR technique to other practitioners in a three day 18 hour intensive seminar, where all participants will experience CFR treatment first hand. Upon completion of the course, all graduating doctors will be listed on the CFR website as qualified CFR practitioners so patients can find a local doctor where they can go to get treated.

Dr. Adam is limiting his classes to chiropractors only. He wants to keep this specialized technique as an exclusive procedure unique to our profession.

*About The Author — Dr. Adam Del Torto, Jr. is a 1984 graduate of New York Chiropractic College. He has two practice locations in Burbank and Catalina Island, CA using a combination of CFR, SOT, and diversified chiropractic adjusting techniques. Call 818-427-1312 or visit [www.CranialFacialRelease.com](http://www.CranialFacialRelease.com) to learn more about the CFR Technique.*



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