A PATIENT GUIDE



Understanding ICS

Integrative CranioSoma

A WHOLE-BODY APPROACH

ICS - Integrative CranioSoma is a gentle, hands-on approach that helps the body function as a connected whole. Using careful assessment and precise touch, the practitioner explores how different areas of the body affect one another and identifies where treatment may be most helpful. The aim is to reduce pain, improve movement, and create better conditions for the body's natural ability to recover and heal.

01

Look beyond symptoms

Explore how areas of the body may be connected

02

Assess with care

Use touch and specific ICS assessment methods

03

Treat individually

Adapt treatment to each person and session

What Makes ICS Assessment Unique?

ICS assessment combines several ways of examining the body and brings them together to form one clinical picture.

01 / FIVE LAYERS OF TOUCH

Every area of the body contains different types of tissue at different depths. By adjusting the quality and depth of touch, the practitioner aims to distinguish between five layers and identify which one contains the most significant finding.

MUSCLE	BONE	DURAL / FASCIAL	FLUIDS	ORGANS / BRAIN

We do not simply ask **"Where is the problem?"** but also **"In which layer is it located?"**

02 / THE WHOLE BODY

An integrated view

ICS does not examine each body system in isolation. Instead, the practitioner explores the relationships between different systems and whether a problem in one area may be influencing another.

03 / THE CENTRAL AXIS

Looking for connections

ICS examines the relationship between the skull, spine and central nervous system and the rest of the body. The aim is to understand whether a problem is within this central axis or whether it may be influenced by another area.

04 / UNIQUE ICS ASSESSMENT TESTS

ICS includes specific assessment tests developed within the method to help the practitioner decide what to prioritise. The goal is not simply to find many areas of imbalance, but to identify which findings may be most important now - and where treatment should begin.

What Happens During an ICS Treatment?

Every session is guided by the assessment findings and by how your body responds.

01 Conversation

The session begins with a conversation about your symptoms, your health history and the reason for your visit.

02 Assessment

Using gentle touch and specific ICS tests, the practitioner examines your body and explores what may be contributing to your symptoms.

03 Treatment

Based on the findings, the practitioner chooses the area, body system and tissue layer to work with. The touch is gentle and focused.

04 Check again

Throughout the session, the practitioner repeats relevant tests, observes changes and uses the findings to decide how to continue.

No fixed routine. Treatment develops according to what the practitioner finds during the assessment and how your body responds during the session.

Is ICS a Massage?

No. ICS is not massage and does not follow a routine of working on the muscles. You remain fully clothed on a treatment table, and no oils are used. Touch may be very gentle or more focused, depending on the findings. The aim is not only to relax the area being touched, but to understand what may be influencing it.

Which Areas of the Body May Be Treated?

Treatment may involve many areas of the body - not necessarily where you feel pain. This may include the head, face, neck, spine, chest, pelvis, arms, legs and other areas. Some techniques may involve gentle treatment inside the mouth using a disposable glove.

Your comfort and consent are always important. You can ask for an explanation, ask questions or choose not to receive a particular technique at any time.

What Conditions Can ICS Help With?

ICS can be used to support people with a wide range of pain-related and other health concerns.

MUSCLES, JOINTS & MOVEMENT

ICS is used for a range of conditions involving the musculoskeletal system and pain, including back and neck pain, headaches and migraines, restricted movement, physical strain and injuries, orthopaedic problems and other muscle or joint concerns.

- Back & neck pain
- Headaches & migraines
- Limited movement

Beyond Muscles and Joints

ICS approaches the body as an interconnected whole. Because different systems influence one another, treatment may also offer support to people living with other health conditions, including those involving digestion, breathing, the nervous system, hormones, the immune system and circulation.

COMPLEMENTARY CARE

In these situations, the aim is **not to treat the disease itself or replace conventional medicine**. ICS aims to support the body, improve the conditions in which it functions and help it cope with the existing condition.

Whenever medical diagnosis, monitoring or treatment is needed, ICS is used alongside medical care - not instead of it.

Does Everyone Receive the Same Treatment?

No. Every person is different. Two people may have the same symptoms but receive very different treatments, because the factors contributing to their symptoms may not be the same.

ICS does not follow a fixed treatment protocol for everyone with the same complaint. Each session is based on the assessment findings and on how that person responds during treatment.