**Alternative Therapies/Services**

**Myofascial Release:** Myofascial Release is a therapy technique that involves applying pressure to the myofascial connective tissue to relieve pain and improve motion.

* [**https://www.myofascialrelease.com/**](https://www.myofascialrelease.com/)
* [**https://www.healthline.com/health/chronic-pain/myofascial-release#risks**](https://www.healthline.com/health/chronic-pain/myofascial-release#risks)
* [**https://www.mayoclinic.org/diseases-conditions/back-pain/expert-answers/myofascial-release/faq-20058136**](https://www.mayoclinic.org/diseases-conditions/back-pain/expert-answers/myofascial-release/faq-20058136)
* [**https://www.spine-health.com/treatment/physical-therapy/myofascial-release-therapy**](https://www.spine-health.com/treatment/physical-therapy/myofascial-release-therapy)
* **Research:**
	+ Castro-Sánchez, A. M., Matarán-Peñarrocha, G. A., Granero-Molina, J., Aguilera-Manrique, G., Quesada-Rubio, J. M., & Moreno-Lorenzo, C. (2011). Benefits of Massage-Myofascial Release Therapy on Pain, Anxiety, Quality of Sleep, Depression, and Quality of Life in Patients with Fibromyalgia. *Evidence-Based Complementary and Alternative Medicine : eCAM*, *2011*, 561753. <http://doi.org/10.1155/2011/561753>
		- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3018656/> .

**VitalStim:** VitalStim is a non-invasive electrical stimulation therapy that helps muscles in the throat. VitalStim is designed to treat individuals who have a mild-moderate swallowing disorder, also known as, dysphagia.

* [**https://international.chattgroup.com/vitalstim/patients/what-is-vitalstim**](https://international.chattgroup.com/vitalstim/patients/what-is-vitalstim)
* [**http://www.vitalstimregistry.com/**](http://www.vitalstimregistry.com/)
* [**https://www.allinahealth.org/courage-kenny-rehabilitation-institute/programs-and-services/vitalstim-therapy/**](https://www.allinahealth.org/courage-kenny-rehabilitation-institute/programs-and-services/vitalstim-therapy/)
* **Research:**
	+ Li, L., Li, Y., Huang, R., Yin, J., Shen, Y., & Shi, J. (2015). The value of adding transcutaneous neuromuscular electrical stimulation (VitalStim) to traditional therapy for post-stroke dysphagia: a randomized controlled trial. *European journal of physical and rehabilitation medicine*, *51*(1), 71-78.
		- <https://www.researchgate.net/publication/279326342_The_value_of_adding_transcutaneous_neuromuscular_electrical_stimulation_VitalStim_R_to_traditional_therapy_for_post-stroke_dysphagia_a_randomized_controlled_trial>
	+ Shaw, G. Y., Sechtem, P. R., Searl, J., Keller, K., Rawi, T. A., & Dowdy, E. (2007). Transcutaneous neuromuscular electrical stimulation (VitalStim) curative therapy for severe dysphagia: myth or reality?. *Annals of Otology, Rhinology & Laryngology*, *116*(1), 36-44.
		- <https://www.ncbi.nlm.nih.gov/pubmed/17305276>

**Young Living Raindrop Technique®:** The Raindrop Technique® is a unique, focused massage and energy approach that incorporates pure essential oils. Developed by Young Living Founder/CEO D. Gary Young, the Raindrop Technique® is designed to help rejuvenate individuals and provide a relaxing experience.

* <https://www.youngliving.com/raindrop/>

**Advanced Brain Technologies:** Advanced Brain Technologies (ABT) is an organization that develops and provides neuroscience-based music programs to help individuals improve their overall brain health.

* <https://advancedbrain.com/>
* Research: <https://advancedbrain.com/the-listening-program-research/>

**Craniosacral therapy:** Craniosacral therapy is a technique designed to improve the overall function of the central nervous system by identifying points of restriction through light contact (pressure provided by a trained professional).

* <https://www.takingcharge.csh.umn.edu/explore-healing-practices/craniosacral-therapy>
* <https://www.craniosacraltherapy.org/what-is-bcst>
* **Research:**
	+ Castro-Sánchez, A. M., Matarán-Peñarrocha, G. A., Sánchez-Labraca, N., Quesada-Rubio, J. M., Granero-Molina, J., & Moreno-Lorenzo, C. (2011). A randomized controlled trial investigating the effects of craniosacral therapy on pain and heart rate variability in fibromyalgia patients. *Clinical rehabilitation*, *25*(1), 25-35.
		- <http://journals.sagepub.com/doi/abs/10.1177/0269215510375909>

**Children with Special Health Care Needs (CSHCN) Services Program:** A Texas Department of Health and Human Services Program designed to assist children with special healthcare needs and individuals of all ages living with cystic fibrosis.

* <http://dshs.texas.gov/cshcn/>