

# Relocation of JBMT article

**Cook (2005) The mechanics of cranial motion—the sphenobasilar synchondrosis (SBS) revisited. Journal of Bodywork and Movement Therapies 9(3), pp177–18**

[Original article \(2005\)](#) : At the time I was not totally clear about the implications of what I was writing. Important points are slightly lost in a lot of complex descriptive anatomy - so it's a bit of a slog to get through (unless you enjoy reading Magoun for breakfast).

[http://www.hummingbird-one.co.uk/pdf/sbs\\_JBMTa.pdf](http://www.hummingbird-one.co.uk/pdf/sbs_JBMTa.pdf)

**Since then I have had another 10 years to think about it, and have produced a more coherent argument :**

[Revised article \(self-published\), 2016](#) : this was written in response to a published review of the SBS/SOJ by Richard Starkey in 2015. It is a much clearer, logically organised and easier to read version – I'd recommend that you start with this one, and then go back to the 2005 article if you want more anatomical detail and/or additional journal references.

<http://www.hummingbird-one.co.uk/pdf/SOJ2015.pdf>