

Therapist Charlottetown

Therapist Charlottetown - Somatics is a kind of therapy which aims to renew control of the muscles through using the voluntary motor system. It is intended to assist individuals suffering muscular disorders of an unconscious and involuntary nature. Somatics is the process for teaching voluntary and conscious control of the neuromuscular system. The practice includes easy movements performed with the practitioner and the patient together. It is neither massage nor manipulation and can have a more profound effect compared to either of the aforementioned therapies in terms of relaxing muscles on a long term basis. It is an extremely enjoyable and relaxing experience.

Due to the result of repetitive overuse or injury, we tighten up our muscles. When our bodies are under stress, the same impact happens: we tighten particular muscles for such long periods that our brain learns to hold the tension for an indefinite period. Some common examples are when a hairdresser develops hand or wrist pain, or a mechanic can develop back spasms or neck ache. This muscle tension can likewise manifest in the kind of headaches and somebody who is often experiencing stress at home or at work may develop reoccurring headaches.

Our bodies are highly adaptable. As we get used to this tension, we forget how to relax it. Muscle stiffness and fatigue become permanent. As a result, inflammation, joint degeneration and chronic fatigue may be some of the long term side effects which occur because of that tension. Pain relievers merely hide the constant degeneration and do not fix the root cause. Stress related indications like for instance headaches or sciatica may take place seemingly inexplicably. On the other hand, we may not have whichever current injury. It may have healed but the residual painful muscular tension could interfere with movement and convince us that we are still handling the injury.

Pain is caused as muscles tighten leading to stiffness. We understand that our brains control the actions of our muscles and Somatics teaches us how to relax our muscles, making therapy using Somatics more valuable than other therapies that alone are applied to the joints and muscles. There is normally faster recovery time and much less pain reported throughout Somatic therapy. In various cases, Somatics is sufficient as a stand-alone rehabilitation method. The number of sessions considered necessary depends on the complexity of the issue. Usually, improvement is noticed fast, even with conditions that have been deemed "stationary and permanent."

A few of the signs of a muscular tension problem are: if pain mysteriously appears and disappears, persisting pain in injured tissues that should have healed, or worsening pain which defies the doctors diagnosis. In whichever of these cases, Somatics can provide the assistance you need so as to feel much better.