

Therapist Regina

Therapist Regina - Somatics is a form of therapy which aims to renew control of the muscles by making use of the voluntary motor system. It is intended to help people experiencing muscular disorders of an involuntary and unconscious nature. Somatics is the method for teaching voluntary and conscious control of the neuromuscular system. The practice involves basic movements performed with the practitioner and the patient together. It is neither massage nor manipulation and can have a more profound impact compared to either of the aforesaid therapies with regards to relaxing muscles on a long-term basis. It is a really relaxing and enjoyable experience.

Because of the result of injury or repetitive overuse, we tighten up our muscles. Whenever our bodies are under stress, a similar impact happens: we tighten some muscles for such long periods that our brain learns to hold the tension for an indefinite period. Various common instances are when a hairdresser develops hand or wrist pain, or a mechanic can develop back spasms or neck pain. This muscle tension can even manifest in the form of headaches and someone who is usually encountering stress at work or at home can develop reoccurring headaches.

Our bodies are extremely adaptable. As we get used to this tension, we forget how to relax it. Muscle fatigue and stiffness become permanent. As a result, joint degeneration, chronic fatigue and inflammation could be some of the long-term side effects that happen due to that tension. Pain relievers only hide the constant degeneration and do not fix the root cause. Stress connected signs such as headaches or sciatica could occur seemingly inexplicably. Conversely, we might not have whatever current injury. It might 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 resulting in stiffness. We understand that our brains control the actions of our muscles and Somatics teaches us how to relax our muscles, making therapy making use of Somatics more valuable as opposed to various therapies that alone are applied to the muscles and joints. There is often quicker recovery time and much less ache reported through Somatic therapy. In various cases, Somatics is enough as a stand-alone rehabilitation technique. The number of sessions required depends on the complication of the condition. Generally, improvement is noticed quickly, even with problems which have been deemed "stationary and permanent."

A few of the symptoms of a muscular tension problem are: if pain mysteriously appears and disappears, if pain persists when injured tissue should have already healed, or if pain worsens over time and defies diagnosis by your doctor. In any of these cases, Somatics may provide the help you require in order to feel much better.