

## Therapist Sudbury

Therapist Sudbury - Somatics is a form of therapy which aims to renew control of the muscles through utilizing the voluntary motor system. It is designed to help persons suffering muscular disorders of an involuntary and unconscious nature. Somatics is the procedure for teaching conscious and voluntary control of the neuromuscular system. The practice consists of easy movements done with the practitioner and the patient together. It is neither massage nor manipulation and can have a more profound impact as opposed to either of the aforementioned therapies with regards to relaxing muscles on a long term basis. It is a very relaxing and enjoyable experience.

Due to the result of repetitive overuse or injury, we tighten up our muscles. If 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 indefinitely. Some common examples are when a hairdresser develops hand or wrist pain, or a mechanic could develop neck pain or back spasms. This muscle tension could likewise manifest in the form of headaches and someone who is normally experiencing stress at home or at work might develop reoccurring headaches.

Our bodies are extremely adaptable. As we get used to this tension, we forget how to relax it. Muscle stiffness and fatigue become permanent. As a result, joint degeneration, chronic fatigue and inflammation can be some of the long-term side effects that happen due to that tension. Pain relievers just hide the continuing degeneration and do not fix the source. Stress related signs like sciatica or headaches might occur seemingly inexplicably. On the other hand, we may not have whichever current injury. It may have healed but the residual painful muscular tension can interfere with movement and convince us that we are still dealing with the injury.

Pain is caused as muscles tighten causing stiffness. We understand that our brains control the actions of our muscles and Somatics teaches us how to relax our muscles, making therapy utilizing Somatics more valuable as opposed to different therapies that alone are applied to the joints and muscles. There is usually faster recovery time and much less pain reported throughout Somatic therapy. In many cases, Somatics is adequate as a stand-alone rehabilitation method. The number of sessions considered necessary depends on the complexity of the condition. Usually, improvement is noticed quickly, even with conditions that have been deemed "stationary and permanent."

Some of the symptoms of a muscular tension problem are: mysteriously appearing and disappearing pain, if pain continues when injured tissue must have already healed, or worsening pain which defies the physicians diagnosis. In whichever of these cases, Somatics may provide the assistance you need to be able to really feel better.