

## Therapist Prince George

Therapist Prince George - Somatics is a kind of therapy which aims to renew control of the muscles through making use of the voluntary motor system. It is meant to assist persons suffering muscular disorders of an involuntary and unconscious nature. Somatics is the process for teaching conscious and voluntary control of the neuromuscular system. The method includes simple movements performed with the practitioner and the patient together. It is neither massage nor manipulation and could have a more profound effect than either of the aforementioned therapies with regards to relaxing muscles on a long-term basis. It is a very enjoyable and relaxing experience.

We tend to tighten up our muscles because of repetitive overuse or injury. Under stress, our bodies see the same effects; by holding some muscles groups tight for long periods of time our brain is retrained to hold these tensions indefinitely. Various common examples are when a hairdresser develops wrist or hand pain, or a mechanic could develop neck pain or back spasms. This muscle tension could even manifest in the form of headaches and someone who is often experiencing stress at home or at work could develop reoccurring headaches.

As our bodies become more used to the tensions, our highly adaptable bodies usually forget how to relax these tensions. The results can be chronic fatigue, inflammation and joint degeneration because of extended periods of tension. Pain relievers merely hide the continuing degeneration and do not fix the source. Stress related symptoms like headaches or sciatica could happen seemingly inexplicably. On the other hand, we may not have whatever current injury. It might have healed but the residual painful muscular tension can 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 different therapies which alone are applied to the joints and muscles. There is often quicker recovery time and much less pain reported all through Somatic therapy. In various cases, Somatics is adequate as a stand-alone rehabilitation process. The number of sessions considered necessary depends on the complication of the issue. Usually, improvement is noticed fast, even with conditions which have been deemed "stationary and permanent."

A few of the signs of a muscular tension problem are: mysteriously appearing and disappearing ache, persisting ache in injured tissues that should have healed, or worsening pain that defies the doctors diagnosis. In any of these cases, Somatics can provide the help you need to be able to feel much better.