

Therapist Halifax

Therapist Halifax - Somatics therapies are designed to help people with muscular disorders of an involuntary and unconscious nature. Somatics aims to help gain control the muscles by making use of the voluntary motor system. Somatics is the procedure for teaching conscious and voluntary control of the neuromuscular system. The practice consists of simple 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 a very enjoyable and relaxing experience.

Due to the result of injury or repetitive overuse, we tighten up our muscles. Whenever our bodies are under stress, the same effect happens: we tighten particular muscles for such long periods that our brain learns to hold the tension for an indefinite period. 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 also manifest in the kind of headaches and somebody who is usually encountering stress at work or at home could develop reoccurring headaches.

Our bodies are highly adaptable. As we get used to this tension, we forget how to relax it. Muscle fatigue and stiffness become permanent. As a result, inflammation, joint degeneration and chronic fatigue might be some of the long term side effects which occur because of that tension. Pain relievers only hide the constant degeneration and do not fix the source. Stress connected indications like for instance sciatica or headaches can occur seemingly inexplicably. Conversely, we may not have whichever 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 utilizing Somatics more valuable than different therapies which alone are applied to the joints and muscles. There is usually faster recovery time and much less pain reported through Somatic therapy. In various cases, Somatics is adequate as a stand-alone rehabilitation method. The number of sessions needed depends on the difficulty of the concern. Usually, improvement is noticed fast, even with issues that have been deemed "stationary and permanent."

Muscle tension conditions would normally show signs such as: mysteriously appearing and disappearing pain, if pain persists when injured tissue must have already healed, or worsening pain which defies the doctors diagnosis. In whatever of these cases, Somatics may provide the assistance you need to be able to actually feel better.