

## Therapist Owen Sound

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

Due to the result of repetitive overuse or injury, we tighten up our muscles. When our bodies are under stress, a similar effect takes place: we tighten particular muscles for such long periods that our brain learns to hold the tension indefinitely. Various common examples are when a hairdresser develops wrist or hand pain, or a mechanic can develop neck pain or back spasms. This muscle tension could likewise manifest in the kind of headaches and somebody who is often encountering stress at work or at home might 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 could be some of the long-term side effects which happen because of that tension. Pain relievers just hide the constant degeneration and do not fix the root cause. Stress related symptoms like headaches or sciatica may occur seemingly inexplicably. On the other hand, we may 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.

Tight muscles result in stiffness which results in pain. In view of the fact that our brain controls our muscles and because Somatic education teaches us how to relax our muscles, therapy which consists of Somatic education has some advantages to those therapies applied to joints and muscles alone. There is usually faster recovery time and much less ache reported all through Somatic therapy. In several cases, Somatics is enough as a stand-alone rehabilitation process. The number of sessions required depends on the complication of the issue. Usually, improvement is noticed quickly, even with concerns which have been deemed "stationary and permanent."

Muscle tension issues would usually show indications such as: mysteriously appearing and disappearing ache, persisting ache in injured tissues that should have healed, or worsening pain that defies the doctors diagnosis. In whatever of these cases, Somatics could provide the help you need in order to really feel much better.