

## Therapist Vancouver

Therapist Vancouver - Somatics is a form of therapy that aims to renew control of the muscles by using the voluntary motor system. It is meant to assist persons suffering muscular disorders of an unconscious and involuntary nature. Somatics is the method for teaching conscious and voluntary control of the neuromuscular system. The practice includes simple movements performed with the practitioner and the patient together. It is neither manipulation nor massage and can have a more profound effect as opposed to either of the aforesaid therapies with regards to relaxing muscles on a long term basis. It is an extremely relaxing and enjoyable experience.

Because of the result of injury or repetitive overuse, we tighten up our muscles. If our bodies are under stress, the same effect happens: we tighten certain muscles for such long periods that our brain learns to hold the tension indefinitely. Various common instances are when a hairdresser develops wrist or hand pain, or a mechanic can develop back spasms or neck pain. This muscle tension can even manifest in the kind of headaches and somebody who is often experiencing stress at home or at work can develop reoccurring headaches.

As our bodies become more used to the tensions, our extremely adaptable bodies normally forget how to relax these tensions. The results can be joint degeneration, chronic fatigue and inflammation due to extended periods of tension. Pain relievers merely hide the continuing degeneration and do not fix the source. Stress related symptoms such as headaches or sciatica might take place seemingly inexplicably. On the other hand, we may not have any existing 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 causing stiffness. We understand that our brains control the actions of our muscles and Somatics teaches us how to relax our muscles, making therapy with the use of Somatics more valuable compared to various therapies which alone are applied to the muscles and joints. There is normally quicker recovery time and much less ache reported during Somatic therapy. In various cases, Somatics is sufficient as a stand-alone rehabilitation technique. The number of sessions needed depends on the complexity of the concern. Usually, improvement is noticed fast, even with conditions that have been deemed "stationary and permanent."

Some of the symptoms of a muscular tension problem are: if pain mysteriously appears and disappears, if pain persists when injured tissue must have already healed, or worsening pain that defies the doctors diagnosis. In whichever of these cases, Somatics could provide the assistance you require so as to really feel a lot better.