

## Therapist Winnipeg

Therapist Winnipeg - Somatics is a kind of therapy which aims to renew control of the muscles by the use of the voluntary motor system. It is designed to help people suffering muscular disorders of an involuntary and unconscious nature. Somatics is the method for teaching voluntary and conscious control of the neuromuscular system. The method involves basic movements done with the patient and the practitioner together. It is neither massage nor manipulation and can have a more profound effect as opposed to either of the aforesaid therapies in terms of relaxing muscles on a long-term basis. It is an extremely enjoyable and relaxing experience.

Because of the result of repetitive overuse or injury, we tighten up our muscles. When our bodies are under stress, the same effect occurs: we tighten some muscles for such long periods that our brain learns to hold the tension for an indefinite period. Some common instances are when a hairdresser develops hand or wrist pain, or a mechanic can develop neck pain or back spasms. This muscle tension could likewise manifest in the form of headaches and somebody who is normally encountering stress at work or at home could develop reoccurring headaches.

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

Tight muscles lead to stiffness which leads to pain. As our brain controls our muscles and as Somatic education teaches us how to relax our muscles, therapy that comprises Somatic education has some advantages to those therapies applied to muscles and joints alone. There is often faster recovery time and much less ache reported during Somatic therapy. In several cases, Somatics is adequate as a stand-alone rehabilitation technique. The number of sessions required depends on the complexity of the concern. Normally, improvement is noticed fast, even with issues which have been deemed "stationary and permanent."

Some of the signs of a muscular tension problem are: mysteriously appearing and disappearing ache, persisting ache in injured tissues that must have healed, or worsening pain which defies the physicians diagnosis. In any of these cases, Somatics can provide the assistance you need so as to feel better.