

## Therapist Brandon

Therapist Brandon - Somatics therapies are meant to assist individuals with muscular disorders of an involuntary and unconscious nature. Somatics aims to help gain control the muscles by using the voluntary motor system. Somatics is the method for teaching voluntary and conscious control of the neuromuscular system. The practice consists of easy movements performed with the patient and the practitioner together. It is neither manipulation nor massage and can have a more profound impact than either of the abovementioned therapies in terms of relaxing muscles on a long term basis. It is a very relaxing and enjoyable experience.

Because of the result of repetitive overuse or injury, we tighten up our muscles. If our bodies are under stress, the same impact happens: we tighten particular muscles for such long periods that our brain learns to hold the tension indefinitely. 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 can also manifest in the kind of headaches and someone who is normally encountering stress at home or at work may develop reoccurring headaches.

As our bodies become more used to the tensions, our highly adaptable bodies often forget how to relax these tensions. The results could be joint degeneration, chronic fatigue and inflammation due to extended periods of tension. Pain relievers only hide the constant degeneration and do not fix the source. Stress connected indications like headaches or sciatica could happen seemingly inexplicably. On the other hand, we may not have whichever existing injury. It may have healed but the residual painful muscular tension could interfere with movement and convince us that we are still dealing with 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 as opposed to different therapies which alone are applied to the joints and muscles. There is often faster recovery time and much less pain reported through Somatic therapy. In several cases, Somatics is enough as a stand-alone rehabilitation technique. The number of sessions required depends on the complication of the condition. Generally, improvement is noticed quickly, even with concerns that have been deemed "stationary and permanent."

Some of the signs of a muscular tension problem are: mysteriously appearing and disappearing ache, if pain continues when injured tissue should have already healed, or if pain worsens over time and defies diagnosis by your medical doctor. In any of these cases, Somatics could provide the help you need so as to actually feel better.