

## Therapist Stratford

Therapist Stratford - Somatics is a kind of therapy that aims to renew control of the muscles by making use of the voluntary motor system. It is meant to assist persons experiencing muscular disorders of an involuntary and unconscious nature. Somatics is the process for teaching conscious and voluntary control of the neuromuscular system. The practice involves basic movements done with the practitioner and the patient together. It is neither manipulation nor massage and can have a more profound effect than either of the abovementioned therapies with regards to relaxing muscles on a long term basis. It is a really enjoyable and relaxing experience.

Because of the result of injury or repetitive overuse, we tighten up our muscles. When our bodies are under stress, a similar impact takes place: we tighten particular muscles for such long periods that our brain learns to hold the tension for an indefinite period. Several common examples are when a hairdresser develops wrist or hand pain, or a mechanic could develop neck pain or back spasms. This muscle tension can even manifest in the form of headaches and somebody who is often experiencing stress at work or at home can develop reoccurring headaches.

As our bodies become more used to the tensions, our highly adaptable bodies usually forget how to relax these tensions. The results can 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 related signs such as sciatica or headaches can happen seemingly inexplicably. Conversely, we might not have any present injury. It may have healed but the residual painful muscular tension can interfere with movement and convince us that we are still dealing with the injury.

Tight muscles lead to stiffness which leads to pain. Since our brain controls our muscles and in view of the fact that Somatic education teaches us how to relax our muscles, therapy which includes Somatic education has some advantages to those therapies applied to muscles and joints alone. There is often quicker recovery time and much less pain reported throughout Somatic therapy. In several cases, Somatics is adequate as a stand-alone rehabilitation method. The number of sessions needed depends on the complexity of the problem. Usually, improvement is noticed quickly, even with problems which have been deemed "stationary and permanent."

Muscle tension concerns will normally show indications like for instance: if pain mysteriously appears and disappears, if pain continues when injured tissue must have already healed, or if pain worsens over time and defies diagnosis by your doctor. In any of these cases, Somatics could provide the assistance you require to be able to truly feel a lot better.