

## Therapist Lloydminster

Therapist Lloydminster - Somatics therapies are meant to help individuals with muscular disorders of an unconscious and involuntary nature. Somatics aims to help gain control the muscles by using the voluntary motor system. Somatics is the process for teaching voluntary and conscious control of the neuromuscular system. The method includes basic movements done with the practitioner and the patient together. It is neither massage nor manipulation and could have a more profound impact compared to either of the aforementioned therapies with regards to relaxing muscles on a long-term basis. It is an extremely relaxing and enjoyable experience.

We have a tendency to tighten up our muscles due to repetitive overuse or injury. Under stress, our bodies see the same effects; by holding particular muscles groups tight for long periods of time our brain is retrained to hold these tensions for an indefinite period. Several common instances are when a hairdresser develops wrist or hand pain, or a mechanic could develop neck ache or back spasms. This muscle tension can even manifest in the type of headaches and someone who is usually experiencing stress at home or at work can 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 can be inflammation, joint degeneration and chronic fatigue because of extended periods of tension. Pain relievers only hide the constant degeneration and do not fix the root cause. Stress related symptoms such as sciatica or headaches could happen seemingly inexplicably. On the other hand, we may not have whatever existing 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 cause stiffness which leads to pain. In view of the fact that our brain controls our muscles and as Somatic education teaches us how to relax our muscles, therapy which consists of Somatic education has some benefits to those therapies applied to joints and muscles alone. There is normally faster recovery time and much less ache reported throughout Somatic therapy. In several cases, Somatics is enough as a stand-alone rehabilitation process. The number of sessions needed depends on the complexity of the condition. Generally, improvement is noticed quickly, even with problems which have been deemed "stationary and permanent."

A few of the signs of a muscular tension problem are: mysteriously appearing and disappearing pain, if pain persists when injured tissue should have already healed, or worsening pain that defies the physicians diagnosis. In whichever of these cases, Somatics can offer the assistance you require to be able to actually feel better.