

## Therapist Kitchener

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

We tend to tighten up our muscles due to injury or repetitive overuse. Under stress, our bodies see the same effects; by holding certain muscle groups tight for long periods of time our brain is retrained to hold these tensions indefinitely. Various common examples are when a hairdresser develops wrist or hand pain, or a mechanic can develop back spasms or neck ache. This muscle tension could even manifest in the type of headaches and somebody who is often encountering stress at work or at home may develop reoccurring headaches.

As our bodies become more used to the tensions, our highly adaptable bodies normally 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 continuing degeneration and do not fix the root cause. Stress connected indications such as sciatica or headaches could take place seemingly inexplicably. Conversely, 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 dealing with 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 utilizing Somatics more valuable as opposed to different therapies that alone are applied to the muscles and joints. There is normally faster recovery time and much less ache reported throughout Somatic therapy. In many cases, Somatics is sufficient as a stand-alone rehabilitation process. The number of sessions considered necessary depends on the complexity of the issue. Generally, improvement is noticed quickly, even with concerns that have been deemed "stationary and permanent."

Muscle tension concerns will normally show symptoms like: mysteriously appearing and disappearing ache, if pain continues when injured tissue must have already healed, or worsening pain which defies the doctor's diagnosis. In any of these cases, Somatics could offer the assistance you require in order to feel much better.