

TRAUMA

Traumas come in all types and severities:

1. Hard traumas can include personal injuries such as hard slip/fall, car accident, athletic injury, anything that causes acute pain, swelling, inflammation, or loss of use. These injuries can result in trauma to bones, solid organs (kidneys, liver, spleen, heart, lungs), spinal joints and other tissues. They cause restrictions which disorganize the human body and will continue to impair healing until they are located and resolved.
2. Repetitive motion injuries create a cycle of dysfunction and result in abnormal muscle function, nerve irritation, and eventually disuse. These injuries include carpal tunnel, tennis elbow, shoulder problems, back pain, headaches, leg pains, and any other chronic inflammatory condition or neurological weakness.
3. Postural abnormalities, any condition that results in abnormal postural control. The loss of perfect posture sets the stage for long term degenerative changes in the spine which results in nerve irritation and altered physiology. In other words, chronic postural deficits cause chronic degenerative disease.
4. Abnormal reflex patterns, these are associated with the loss of coordination and balance.