

Rehabilitation and Injury Recovery

A Wholistic Approach...

It is a foundational principle in this work that body, mind, spirit function as a whole, both in health and disease. Every aspect of who we are is an essential part of an interdependent system. All of the modalities used in my work are utilized to assist this process of returning to wholeness and integration.

Through the process of life: trauma, injury, pain of all kinds, necessary treatments, procedures and surgeries, it is easy to forget our wholeness. In fact, the body has an innate ability to isolate the injured parts of our body and psyche in response to trauma.* Modern medicine typically diagnoses and treats the symptomatic areas, which further isolates those specific sites. For example, we are treated as a rotator cuff tear, a fibromyalgia patient, a back injury, or a person with depression.

These diagnoses and subsequent specialized treatments certainly are necessary, they are often lifesaving, and can be highly successful for a person to regain functioning in their lives.

Most traditional forms of post-injury, post-diagnostic and post-surgical therapies generally address a specific area. For example, someone in a motor vehicle accident may only be treated for a neck injury. A hip replacement patient may be given excellent rehabilitation for the affected hip.

Both Myofascial Release and Craniosacral Therapy address not only the affected/symptomatic/injured areas, but gently address the alignment and integration of the whole body. Craniosacral therapy assists in calming the nervous system to come back into greater relaxation, thereby reducing muscle tension, pain and stress.

Myofascial Release is a whole-body, gentle and effective modality which treats specific symptomatic areas, addresses the underlying misalignments and causes of pain, and assists in bringing the whole person back into greater function, ease and fluidity. This approach also works within the clients' comfort zone, so that more trauma from the therapy is not added to an already traumatized person!

Stress, Injury and the Nervous System....

When we have been injured- recently, or from long ago- our nervous systems respond to that shock by releasing a cascade of hormones in our body referred to as the "fight/flight/freeze" response, designed to give us energy to get away from a harmful situation. This surge in hormones raises blood pressure, increases muscle tension and other responses* to move us away from harm.

The challenge for most of us, is that this mechanism has been activated repeatedly in our lives, often beginning in utero or in the birth process, or certainly in childhood. Each

subsequent injury, trauma, surgery and/or stress- whether it is emotional, mental, physical- then adds to the overwhelm in our systems. The effects of trauma and stress can be *cumulative throughout our lifetimes*.

To a person who's nervous system is already on overwhelm, even a skilled, necessary, well-intentioned procedure or therapy can add to the overwhelm.

Thus, these treatments will not be able to "hold", because the client's neurological system cannot integrate them and stabilize to a more functional level.

Biodynamic Craniosacral Therapy (BCT) is a gentle, effective modality that can be highly beneficial in;

- calming the nervous system
- easing the stress response: slower breathing, lower heart rate
- facilitating deep relaxation and improve sleep patterns
- reduce overall muscle tension and pain levels

BCT is an excellent adjunct to the process of rehabilitation and injury recovery.

Since this modality addresses the stress response in the nervous system, BCT can often be the missing link in the full resolution of pain, injury and trauma.

*(see Peter Levine's book *Waking the Tiger* in Grief & Trauma resources)