

# Muscular Tension Release

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*Maria will be teaching Muscular Tension Release at the ATRI Sanibel Conference on Thursday June 27<sup>th</sup>.*

“Muscular Tension Release” workshop/ course is based on the fundamental idea, backed by research, that stress, tension and trauma are both psychological and physical. Science is moving forward to a better understanding of the body’s deterioration. Hans Selye recognized that physiological disease could arise from psychological causes, such as stress (Somatic viewpoint).

By having a flexible spine with strong hips and thighs, the human body is ideally designed for movement such as walking, running, squatting, and claiming- throwing objects and swimming. Unfortunately, during the course of a person’s life, the sensory-motor nervous system continually responds to daily stresses and traumas with specific muscular reflexes. These reflexes, triggered repeatedly, create habitual muscular contractions which cannot be relaxed--at least not voluntarily

If stressed, traumatized, overused and repetitively used muscles are required to continue to work, the muscle begins to tighten. Once this happens the contraction of the muscle constricts the blood vessels. This reduction of blood flow reduces the oxygen to the tissue. Once a tissue is oxygen deprived, it will shut down and tighten more. This creates a negative pattern of tension, oxygen deprivation, and more tension that ultimately results in rigid muscle tone. This results in one’s postural misalignment and muscular asymmetry with symptoms such as chronically hard, tight muscles, chronic tightness or chronic inflammation of a tendon (tendinosis), chronic joint tension or chronic inflammation, limited range of motion in a joint, impingement of a nerve resulting in numbness or a tingling sensation, compression of a disc resulting in neck or back pain, muscle weakness in one area especially if the muscle feels tight, consistent muscle cramping, joint instability while performing daily tasks and recurring muscle strain or injury to the same muscles.

Muscular tension release can be done by manual pressure that is applied to the most superficial layer of tissue where dysfunction appears (pain, tension or rigidity). Once the tight tissue is stimulated, blood flow to the area increases and the tight tissue will become suppler. This allows the therapist to access the next layer of tissue without applying excessive pressure. This pattern is repeated until all layers of dysfunctional tissue are restored and the tight, rigid tissue is replaced with supple and mobile tissue. Supple and mobile tissue will be free of pain and have a greater range of motion.

The ability to release muscular tension independently one must learn how to align their body and mind while experiencing an alert but relax state of awareness. The

SykorovaSynchro Method<sup>SM</sup> is a phenomenal educational tool with positive impacts to patients mentally, physically and emotionally and has three stages/ progressive levels:

1. To balance function of sensory-motor cortex via sensory stimulation mental imagery (sometimes called visualization, guided imagery), progressive muscular relaxation and control breathing. Result is relaxed but alert state of awareness.
2. To enhance sensory integration/ awareness of somatic movement (movement regulated by feeling, mental imagery, sensation). Result is ability to perform somatic/ intuitive movement.
3. Ability to perform conscious exercises – via mental imagery, sensation. Positive result is in neuro muscular conditioning/ function - postural improvement, balance, coordination, flexibility and agility.

For patients: Benefits from muscular tension release by applying progressive muscular relaxation, mental imagery, control breathing. Results are in improvement of postural alignment, muscular symmetry and movement awareness. Applicable in chronic pain management via restoring greater flexibility and mobilization of joints, restore/ improvement of balance, coordination, agility and muscular integration. Effective as stress management/ adaptation into wellness behavior.

For professionals: deeper understanding of psychosomatic release, somatic movement, method of muscular tension release and neuromuscular conditioning and how/ when it can be implemented via an educational SykorovaSynchro Method<sup>SM</sup>. To define difference/ apprentice skill between stretching and muscular tension release.

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