

Total Motion Release

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The body is able to self-regulate and heal itself if it is given the proper environment and education to do so. Often times when muscles become stiff or weak they create imbalances in the joints. This strain will cause a lot of pain and loss of function in the body. Total motion release (TMR) is an exercise based treatment that empowers you to find the causes of your pain and gives you the tools to fix it. Pain is the body's way of letting you know that it needs some attention because there is an imbalance present. The basic principle when using this approach is performing motions that your body prefers to do, using the good side to fix the bad side. This seems to go against the common belief of correcting a problem by doing exercises with the involved body part. Often times treating the problem area actually makes the imbalance worse and impedes the natural healing process.

When your pain and dysfunction are due to muscle imbalances, TMR will often times yield amazing results in as quick as the first session. The body tends to drift back towards its old habits after being balanced so it is important to regularly check and balance the body with the exercises until your nervous system adapts to a more balanced state. Remember some of these imbalances have been there for years and it may take some repetition before you see lasting results. The beauty of learning TMR is that you now have the tools to fix any future aches and pains you may experience.

TMR allows you to take responsibility for your condition and puts you in control of your pain. This approach also improves your body awareness and functional capacity. When the body is even on both sides it can function more efficiently and there is less stress accumulating throughout the body. The body is better able to heal itself when it is in a balanced state and other physical therapy techniques tend to hold better once a patient is proficient in the TMR exercises.

The "fabulous five" are the foundational exercises that are used to assess and treat your main issue. It takes some time to learn the proper sequencing, but once mastered you will experience results. Many musculoskeletal conditions are fixed by this method alone. If there are any lingering symptoms once the fabulous five have been balanced there is another approach called the "WOW" which stands for the worst of the worst. Here the therapist guides you in three dimensional motions on your good side in order to get to the root of the problem and correct the imbalance.

Patients of all ages, activity levels, and dysfunctions can potentially be helped with this method. TMR can be modified and adapted individually as needed. When patients do not respond to this approach it shows the therapist that they are dealing with something other than a muscle imbalance. From this point the therapist can evaluate what other tissue may be involved so that the appropriate hands-on therapy can be applied, or further diagnostic testing may be indicated.

For more info please visit www.Totalmotionrelease.com, or give us a call and speak to one of our therapists who are trained in Total Motion Release.