



**My Physios Fourways**

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## START

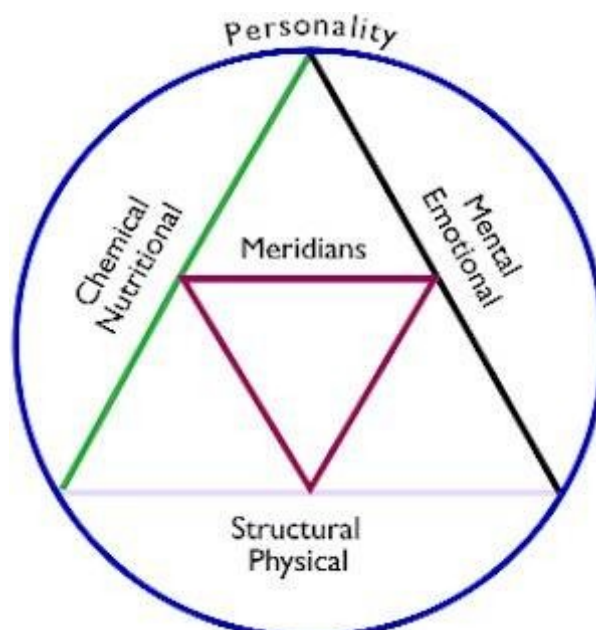
We need to start treating the cause and not the complaint. It's just too easy to try and put a "band-aid" on our patients and send them home thinking they are feeling better.

What is the cause?

We know that our biomechanics cause injuries, but what moulds or determines our biomechanics?

Our biomechanics are a physical record, a visual reminder of every experience we experienced. A direct reminder of the different stresses our body and nervous system has been exposed to through out our lives. Our central nervous system is surrounded by dural membranes. It is these membranes that tighten up to protect the central nervous system whenever it perceives a threat, a danger or a "stress".

These "stresses" may be structural or biomechanical, biochemical or nutritional, psychological or emotional.



Our nervous system's response is to protect first our brainstem, it keeps us breathing! Then our brain, it keeps us functioning and then our spinal cord which keeps us moving. So no matter on what level the "stress" is, the response is always the same.

When we use a neural pathway it becomes easier and easier to use. So with each additional exposure to a "stress" our defensive neural pathway becomes more and more developed. As these dural membranes and then the connective tissues and muscular structures tighten up our posture or bio-mechanics are affected. When the system can no longer cope a symptom appears. A cry for help! Stress, Trauma and Residual Tension is the cause of our complaint!

So we need to direct our treatment to correcting the neurological coping mechanisms or protective reactions. To releasing the stress, trauma and residual tension. This will result in improved bio-mechanics and decreased symptoms.

**Cure the cause, not the complaint!**