

## Neuromuscular Therapy

Neuromuscular Therapy is a thorough program of recovery from acute and chronic pain syndromes which utilizes specific massage therapy, flexibility stretching, and home care to eliminate the causes of most neuromuscular pain patterns. This specific and scientific approach to muscular pain relief will help to bring about balance between the musculoskeletal system and the nervous system. NMT enhances the function of joints, muscles and biomechanics (movement) and it releases endorphins, the body's own natural pain killers. It can be part of a comprehensive program, complementing all other health care modalities, even as preventive healthcare.

Neuromuscular Therapy examines six physiological factors which may create or intensify pain patterns:

1. Ischemia
2. Trigger Points
3. Nerve Entrapment/Compression
4. Postural Distortions
5. Nutrition
6. Emotional Wellbeing.

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

-- Attributed to Thomas A. Edison

## What Can Bodywork Bootcamp Really Do For You?

### Physical Level

Deep relaxation and stress reduction  
Relief of muscle tension and stiffness  
Reduced muscle spasm and tension  
Relief from entrapment of nerves in muscle  
Greater joint flexibility and range of motion  
Increased ease and efficiency of movement  
Promoted deeper and easier breathing  
Better circulation of both blood and lymph fluids  
Reduced blood pressure  
Relief of tension-related or eye-strain headaches  
Healthier, better nourished skin Improved posture  
Faster healing from pulled muscles and sprained ligaments  
Reduces pain, swelling, and formation of scar tissue following injury  
General health maintenance

### Mental Level

Relaxed state of alertness Reduced mental stress: a calmer mind  
Greater ability to monitor stress signals and respond appropriately  
Increased capability for clearer thinking

### Emotional Level

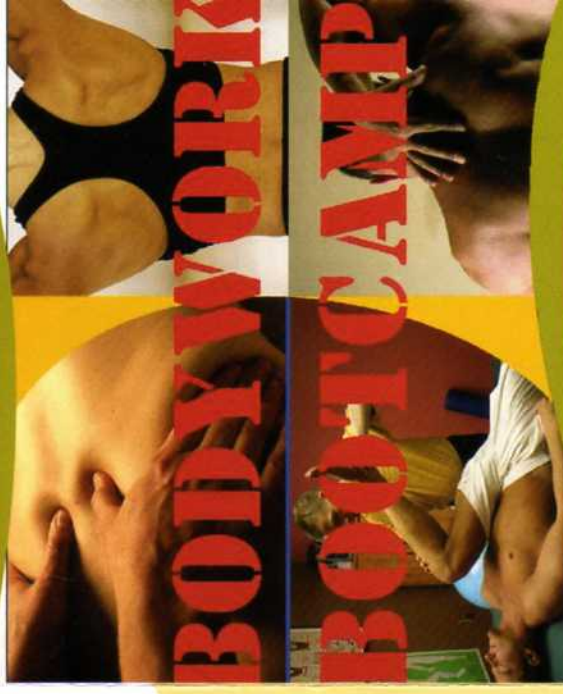
Feeling of well-being  
Reduced levels of anxiety Increased awareness of mind-body connection  
Enhanced self image  
A sense of being unified and in harmony

## NeuroMuscular Junction Wellness Center

9357 General Drive Ste. 111  
Plymouth, Michigan 48170  
[www.neuromuscularjunction.net](http://www.neuromuscularjunction.net)

## Take Action To Renew Or Restore Your Health, Vitality Of and Flexibility Of YOUR BODY!

Bodywork Bootcamp is a 12 Week  
Comprehensive Massage & Bodywork  
Program



888-298-8758

[www.bodyworkbootcamp.com](http://www.bodyworkbootcamp.com)

Located In Plymouth, Michigan



## Your Central Nervous System

With things so hectic these days, it may seem as if your brain is always on the go. And it is. The brain not only controls what you think and feel, how you learn and remember, and the way you move and talk, but also many things you're less aware of - such as the beating of your heart, the digestion of your food, and yes, even the amount of stress you feel. Like you, your brain is quite the juggler.

If you want to move part of your body, a message is sent to particular neurons (nerve cells), called upper motor neurons. Upper motor neurons have long tails (axons) that go into and through the brain, and into the spinal cord, where they connect with lower motor neurons. At the spinal cord, the lower motor neurons in the spinal cord send their axons via nerves in the arms and legs directly to the muscle they control. A typical muscle is serviced by anywhere between 50 and 200 (or more) lower motor neurons. Each lower motor neuron is subdivided into many tiny branches. The tip of each branch is called a presynaptic terminal. This connection between the tip of the nerve and the muscle is also called the neuromuscular junction.

## SHELL OF STRESS

Our body starts to build a Shell of Stress within the superficial connective tissue layers of the body, if they are not worked with regularly, using very specific massage & stretching techniques. Exercise alone may not be enough! The fibers may already have a disconnection from circulation the rest of the body is receiving. The muscles & connective tissues REQUIRE PROPER BLOOD FLOW and proper oxygen to allow them to function. If it doesn't receive this, it sends an alert signal of pain type sensations like burning, tingling or numbness, telling you something is seriously wrong and needs immediate attention.

**EVERYTHING** in your body needs proper circulation & MOVEMENT! One area of restriction affects THE WHOLE BODY in its ability to operate efficiently!

Stress put on the central nervous system and the myofascial system from the daily activities and habits of an individual, changes the functional chemistry of the soft tissues, i.e. skin, connective tissue, muscle fibers, nerve tissue, organs, blood vessels, etc. The body tends to build a "shell" of stress within the cells of these tissues, while more troubling issues are developing on a deeper level. This shell builds every day from BAD HABITS us humans take on and ignore symptoms of pain or try to cover them up. Fact of the matter is, the body has pain for a reason! Its telling you that you have not corrected the CAUSE of the pain. If you let this keep growing, you will start developing pain and dysfunction, which leads to disease!

## BODYWORK BOOTCAMP

Bodywork Bootcamp is a comprehensive 12 week program of specific therapeutic massage, bodywork, stretching & nutritional techniques that targets the stress that develops on our bodies from daily activities and habits we take for granted.

This program is SCIENTIFICALLY BASED on physiological & rehabilitative laws of Neuromuscular Therapy. We may use advanced methods such as NMT, Myofascial Therapy, Active Isolated Stretching, Acupressure, Reflexology and sometimes even Juggling Therapy! We also tend to work on very specific muscles that are ignored by general massage therapists. We work to help you find BETTER BODY AWARENESS that you haven't found through other healthcare practitioners.

You will receive special tools to aid you in the HOME-CARE, since you are responsible for your own body, we will ask you to perform homecare techniques that will aid in the healing process. This is PART of the program that will help you MAXIMIZE the benefits and speed up healing.

## Its Time To Take Action & Responsibility For Your Health & Well-being! Schedule Your Appointments Today!

# 1-888-298-8758



## Bodywork Bootcamp Can Be Effective For:

- Health Maintenance
- Athletic/Fitness Training
- Sciatica
- Migraine headaches
- Low Back Pain
- Carpal Tunnel Syndrome
- Frozen Shoulder Syndrome
- Hip Pain
- Neck Pain
- TMJ dysfunction
- Disc Herniations
- Whiplash
- Neuromuscular disorders
- A.D.D., A.D.H.D.
- Learning Disabilities/challenges
- Respiratory System issues
- Digestive System issues
- and a long list of other conditions!

