

## NERVOUS SYSTEM

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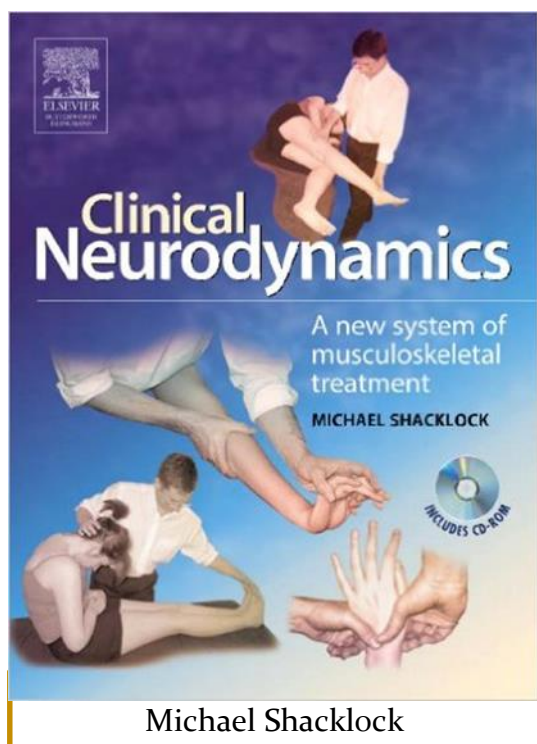
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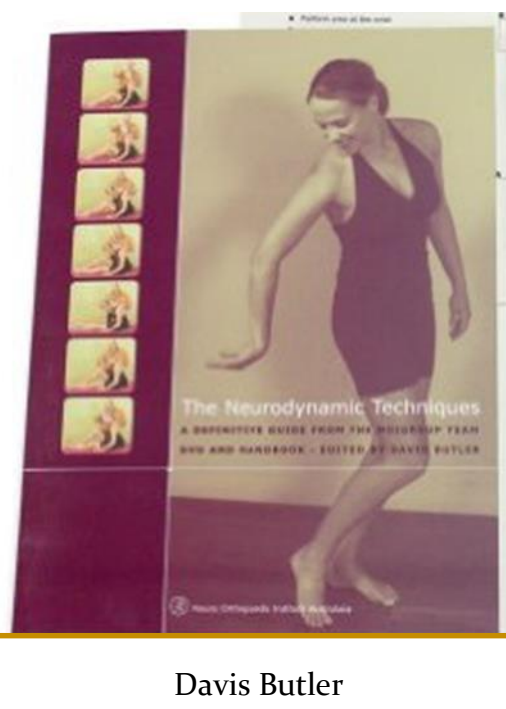
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Michael Shacklock



Davis Butler

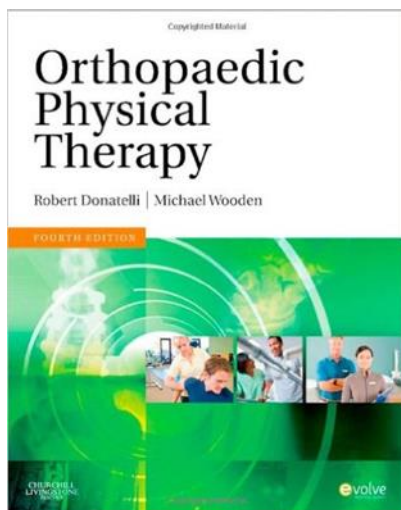
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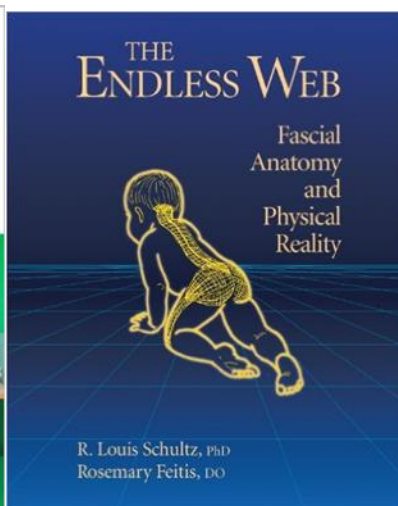
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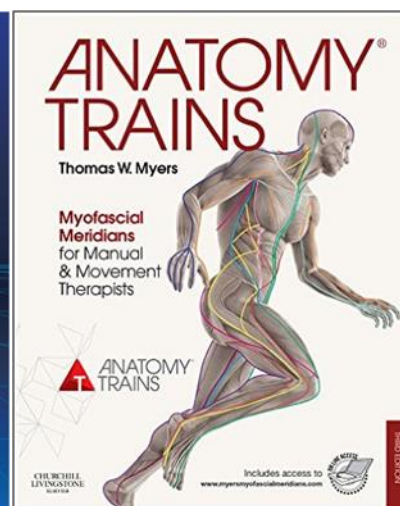
## RECOMMENDED READINGS



Donatelli & Wooden  
Soft tissue Mobilization  
Chapter by Gregg Johnson



R Louis Schultz



Thomas Myers

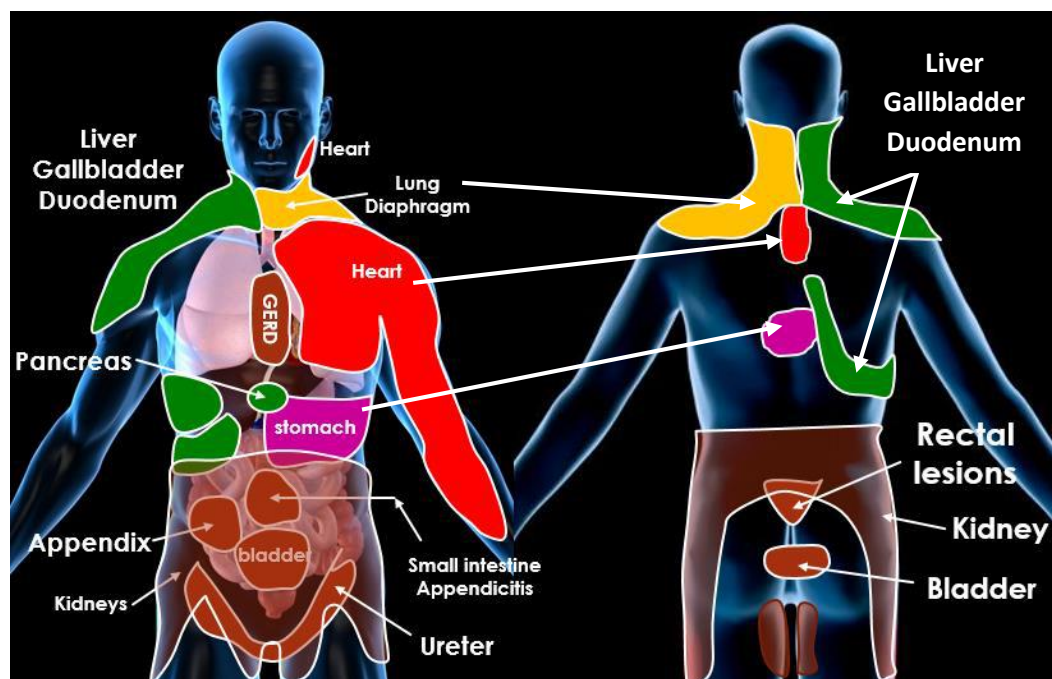
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## Understand the SYSTEMS That are BUILT to MOVE and can SUSTAINED PAIN: VISCERA

1. Without ORGAN mobility, your trunk would lose its ability to twist and bend
2. Functional joints for your organs only exist because of the lubricating properties of fascia
  - a. Organs are coated with fascia
  - b. Organs can glide and slide on every other structure
  - c. Organs have FUNCTIONAL JOINTS and that allows our trunk to move
  - d. Freedom to move helps keep viscera efficient
3. Organs and their fascia lose mobility due to:
  - a. Direct trauma:
    - i. seat belt \*sports \*falls \*surgery \*pregnancy \*N&V
  - b. Indirect trauma:
    - i. shock waves \*pulling a muscle \*TENSIONS fascial system
  - c. Inflammation:
    - i. Allergies \*food poisoning \*GI virus \*bacteria \*endometriosis pelvic \*inflammatory disease \*urinary tract infection \*organ disease \*medications
  - d. Muscle tension from stress or fear:
    - i. common emotion site
  - e. Inflamed nerves, muscles or joints NEAR an organ
  - f. Organ problems:
    - i. acid reflux \*constipation \*diarrhea \*hiatal hernia \*liver disease \*bladder infection, \*swollen prostate \*endometriosis \*gall bladder disease
  - g. Constant compression
    - i. Garments \*posture
4. Viscera has predictable places it causes you to feel pain, without that area having the problem



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