

Services

Neuromuscular Re-Education

Physical therapists often use neuromuscular re-education as a method of restoring normal body movement. How we go about our normal activities is a complex process of our nerves sending signals to both our brain and muscles to act together in creating motion. Certain movement patterns become stored in our memory.

When we are injured or in pain, we make bodily adjustments to favor the part of us that hurts, for example. Once the injury or condition that causes the pain is solved, we may need neuromuscular re-education to help us return to our normal movement patterns.