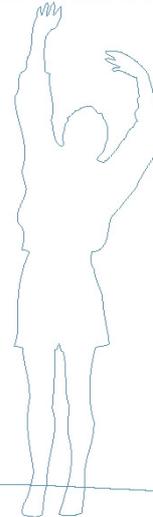


PSYCHOMOTOR PHYSIOTHERAPY

The body remembers



What is psychomotor physiotherapy?

Psychomotor physiotherapy focuses on awareness and change of tension and tension patterns in the body and increases familiarity and connection to our own body and experiences.

Breathing and muscular tension change according to what we have experienced and how we feel - about ourselves and within ourselves.

Long standing tension patterns can become permanent and give rise to various pain conditions.

Hardship, trauma and persistent strain or stresses of life affect our bodies and the way we experience our body.

The goal of psychomotor physiotherapy is to give a person insight, means and support to manage their own. So they can thrive within themselves and their environment.

Our emotions reside and live within our bodies...we hold our breaths, clench our teeth, and swallow the lump in our throats, while our hearts are pounding in our chests.

'Psyche' from Greek, meaning soul (breath/mind/spirit). How I understand, think and interpret my surroundings and myself.

'Motor' from Latin, meaning to move/put in motion. How my body, with or without movement, tells the story of how I feel and what I experience.

Psychomotor physiotherapy is suitable for:

- Children, adolescents and adults.
- Those with persistent or inexplicable pain.
- Those who experience muscle tension or constant stress.
- Those with ailments related to breathing and respiratory function.
- Those with anxiety, depression, eating disorders, trauma or different fatigue conditions.
- Those who want to prevent tension or have stress issues related to work, school or other social settings.

The treatment starts with an examination:

- Posture, musculature, movement pattern and breathing pattern
- Balance, ability to relax, connection and familiarity with one's own body
- Questions about bodily functions like sleep, hunger and digestion.
- Conversation about social situation, upbringing and general health
- Responsiveness to your thoughts and motivation for starting treatment

On the basis of the physical examination, goals for the treatment are established.

The examination may be performed with the patient's clothes on.

*Physical issues
always affect
you mentally*

Did you know...



*Dialogue
Touch
Movement
Contact
Reflection*

*Body
Resources
Motivation
Goal*

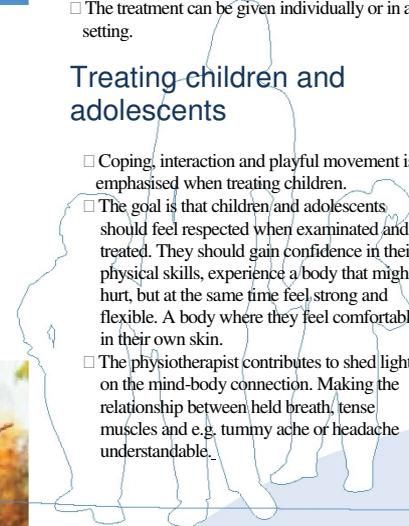


What you can expect with psychomotor treatment?

- The treatment involves conversation and different types of massage, touch and movement.
- New experiences of touch and movement may give rise to and release emotions and memories, and bring forth new reflections.
- You will establish contact with your muscular tension and breathing. This might contribute to gaining spontaneous and free breathing/respiratory function and the body's natural ability to relax is established.
- You are encouraged to reflect on and discuss what takes place in the treatment room and in your body.
- Processing difficult emotions is part of the treatment.
- The treatment can be given individually or in a group setting.

Treating children and adolescents

- Coping, interaction and playful movement is emphasised when treating children.
- The goal is that children and adolescents should feel respected when examined and treated. They should gain confidence in their physical skills, experience a body that might hurt, but at the same time feel strong and flexible. A body where they feel comfortable in their own skin.
- The physiotherapist contributes to shed light on the mind-body connection. Making the relationship between held breath, tense muscles and e.g. tummy ache or headache understandable.



*Mental issues
always affect
you physically*

Did you know...

What can be achieved in treatment?

- Increasing coping skills and reduction of painful sensations in muscles, joints and tendons.
- Establishing a safe and trusting relationship with the therapist
- Getting more familiar with your body's reactions and what they express and entail.
- Understanding your body's natural defence mechanisms and reactions to external and internal strains and stresses.
- Increasing contact with and awareness of your own needs and boundaries.
- Learning more about the coherence of body, thoughts and emotions.
- Bodily vigilance and alertness can be reduced as you become more aware of your resources.



*Coping
Relation
Understanding
Connection
Resources*

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*Neuroscience research
shows that the brain is
always learning and
that it has the capacity
for change throughout
life. The brain does
not separate body
and mind.*

Did you know...

*Bodily functions
such as hunger,
sleep, digestion
and homeostasis is
disrupted when the
body is in stress*

