

# RECOVER FROM SURGERY



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**After surgery, your body doesn't necessarily understand that it was "put back together." Instead, it only recognizes that there was trauma.**

In response to that trauma, your brain and nervous system signal protective patterns to "lock down" the area of the body where the surgery took place. This protective pattern creates stiffness by holding some muscles tight and creates weakness by turning some muscles off (and this turning off, for example, leads to muscle atrophy after many surgeries).

In order to help you recover as efficiently and effectively as possible, we use Chiropractic care and the Neubie to help re-educate your nervous system and restore more optimal function according to the ***3 steps to optimal recovery:***

**STEP 1 : IDENTIFY** - The Mapping process allows us to identify exactly where these protective patterns are present.

**STEP 2 : RESET** - Once found, we help reset these protective patterns so that the tight muscles can relax and the weak ones begin to strengthen.

**STEP 3 : BREAK THROUGH** - With these hurdles out of the way, you can break through barriers to reach your recovery milestones much faster than you could with traditional therapies.

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