

Healing Your Ailing Tissues with S.T.E.P. Exercise

S.T.E.P. stands for Scientific Therapeutic Exercise Progressions, a form of medical exercise therapy that recognizes that different kinds of tissues heal differently and require different care. Research in the field of histology (the study of the cellular structure of human tissues) has shown that in order to facilitate healing in tissues, it is necessary to vary the type and amount of biomechanical energy put into it. As such, each tissue in your body should be taken into account when designing an exercise program in order to create the necessary **bio-mechanical signal** to the tissue's cells to tell them how to repair.

Muscles, for example, rehabilitate differently than a spinal disc due to its inherent difference at the cellular level. **Bones** require a compressive force (walking, hopping, weight bearing) to signal the cells where to store calcium in order maintain bone strength. Without this signal your body has no idea what to do with the nutrition it receives. Another example is with your **nerves**. Did you know that there is a entire set of specific movements that target nerve mobility, decompression, desensitization and function? Yes! and they work amazingly well. So, no longer is surgery your only option if you suffer from **nerve root compression**, **sciatica** or a **herniated disc** pressing against your spinal nerve.

How does this pertain to me?

First, ask yourself: "What part of my body is ailing me? Do I have osteoporosis and need a program to regain bone density? Do I have cartilage degeneration and need to build up a healthier joint? Is my pain from the muscle or ligament?" These questions and many more are addressed in your first Physical Therapy Evaluation. During this evaluation, your complaints and symptoms will be investigated in detail in order to identify what tissues are in pain, ailing you, part of the root cause of your problem or perpetuating the symptoms.

What happens next?

Once the ailing tissues have been identified, we can start to build a S.T.E.P. exercise program that targets those needed areas in your body, stimulates cellular repair in those tissues, encourages blood and lymph flow, decreases inflammation, enhances movement and function, and above all, reduces your pain! So, call us today to make an appointment for your first PT evaluation. Find out what is causing your pain, and get educated as to what you can do to heal!

How can I use this program?

The first step is to get a thorough PT evaluation to find out exactly which tissues are causing the pain. Next, you will receive a treatment program that includes specific, targeted movements to stimulate repair and increase the functional tolerance of these tissues. This program includes methods to address secondary and tertiary contributors: surrounding area weakness, joint restrictions or body asymmetries.

With S.T.E.P., we stop thinking of exercise as simply strengthening the muscles and begin to develop rehabilitation programs to affect the body and all its systems on a much more integrated level.

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For more information about Timothy, [click here](#).

For more information about MoonWater's Holistic Physical Therapy, [click here](#).