

# -The Reflex Arc-

irritant and fatigue byproduct). Serotonin, also found in trigger points, is the body's most powerful vasoconstrictors.

## **Pflugler's Laws**

After establishing a facilitated nerve pathway, the spreading of the neuromuscular pain first takes place in the referral pattern on the same side of the body. (**Law of Unilaterality**)

Over time, the reflex arc becomes more activated. The trigger point activity increases in and around the trigger point as well as the referral zone the trigger point into which it fires. *These toxins increase the tension-spasm-pain cycle.*

The body is economical and sends the increased and sustained noxious impulses into the other side of the body. (**Law of Symmetry**)

In addition, the pain is usually more intense on the side of irritation. (**Law of Intensity**)

Eventually enough stress in the nervous system accumulates and general over-stimulation in the internuncial pool builds up. Neural activity is then propagated up and down through centrifugal nerves further up in the cord.. This activity can send strong radiating pain up and down the body. (**Law of Radiation**) This concept of radiating pain should be differentiated from the referred pain in the Law of Unilaterality.

Eventually when the person has suffered over time from a severe injury (or many small injuries) with spreading neuromuscular pain phenomena and consequent biomechanical and postural imbalances, the person may move into the final neurological health challenge. (**Law of Generalization**)

The lower brain centers, particularly the *reticular activating system*, which controls tonus and general awareness of the entire body, becomes over-stimulated. Contracture of muscles all over the body, generalized pain, nervous dysfunction and visceral dysfunction result. Recent research shows that this may even affect the limbic system, which governs our emotions and moods. Thus the final result of the Law of Generalization may be depression.

At this point the person is both tight and toxic and usually in extreme exhaustion. The neuromuscular practitioner can begin the patient's restorative process with detoxification, light but effective therapy, super nutritional supplementation and all the encouragement and extra help the therapist can direct for his client.