



About neurovascular release

What is neurovascular?

Neurovascular is a word that encompasses our vascular and neural networks. We are referring to our nerves, arteries and veins; our blood and nerve networks.

Our nervous system remembers trauma

Often due to past trauma, physical or otherwise, our body develops protective patterns. This is because it wants to avoid a repeat of the combination of movements that previously threatened our blood supply; especially blood supply to brain.

Previous trauma creates a memory in our nervous system, and can lead to tightness in muscles, loss of range of movement, reduced response times and inability to completely relax.

If not addressed and this becomes chronic, not only can you lose the ability to stretch or lift a limb, but it can manifest as pain syndromes such as myofascial triggers points, myofascial pain syndrome or fibromyalgia.

How can Neurovascular Release (NVR) help?

Because your nervous system is hard-wired to prevent you from repeating the previous trauma, it will “guard” against physical therapy to a degree. So we have to be sneaky, and be gentle enough to influence the neurovascular without it sensing a threat. This is how neurovascular release works.

Conditions that may be relived with NVR:

- Neck - whiplash, neck spurs, degeneration, tight or hurts to look over your shoulder, or bend your neck sideways
- Shoulder/arm – cannot fully lift arm in front of body or out to side, cannot fully straighten elbow, can't reach around to do bra up at back, altered sensations in arms or hands, bursitis
- Hand/wrist - Carpal tunnel syndrome, repetitive strain injuries
- Elbow - tennis or golfer's elbow
- Back - tightness, restriction or pain – side-bending, leaning over, straightening up, sitting down
- Jaw issues - TMJ dysfunction, teeth clenching, teeth grinding
- Legs – cramps, tightness, altered sensations
- Hips – sciatica, piriformis syndrome, bursitis, tightness, pain

But what does NVR feel like?

From a client perspective, NVR will feel like a specific hold – hand or finger placement in a specific position on the client. Active or passive movement by the client may be called for, and a breath cycle will be added. Each release is extremely light and quick, and not at all like common acupressure technique which employs a more deep and sustained pressure. NVR can be done in-studio or as an on-line Zoom consultation. Consult your host for further information.