

YOUR RESPIRATORY SYSTEM

All the cells in your body need oxygen. Without it, they couldn't move, build, reproduce, and turn food into energy. In fact, without oxygen, they and you would die! How do you get oxygen? From breathing in air which your blood circulates to all parts of the body. But you also feed your body oxygen through drinking water.

How do you breathe? You breathe with the help of your diaphragm and other muscles in your chest and abdomen. These muscles literally change the space and pressure inside your body to accommodate breathing. When your diaphragm pulls down, it not only leaves more space for the lungs to expand but also lowers the internal air pressure. Outside, where the air pressure is greater, you suck in air during an inhale. The air then expands your lungs like a pair of balloons. When your diaphragm relaxes, the cavity inside your body gets smaller again. Your muscles squeeze your rib cage and your lungs begin to collapse as the air is pushed up and out your body in an exhale.



Professional Member of



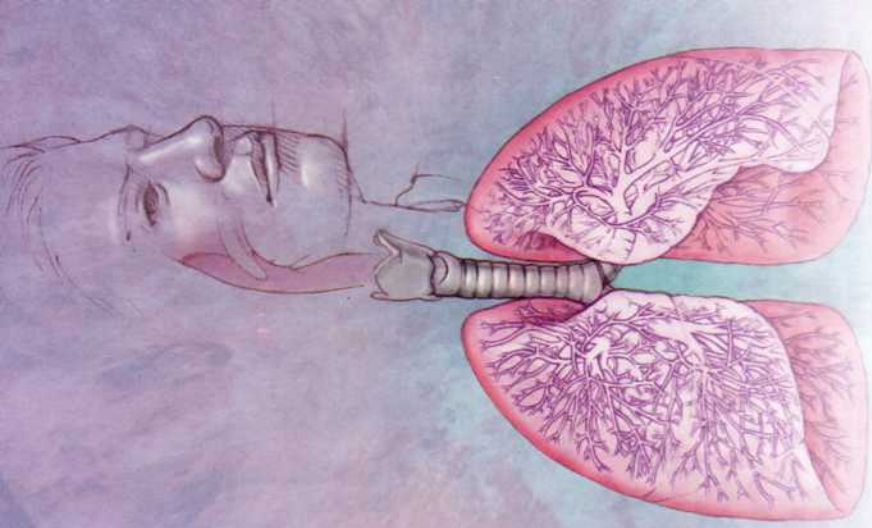
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Respiratory System Massage



Wellness Center
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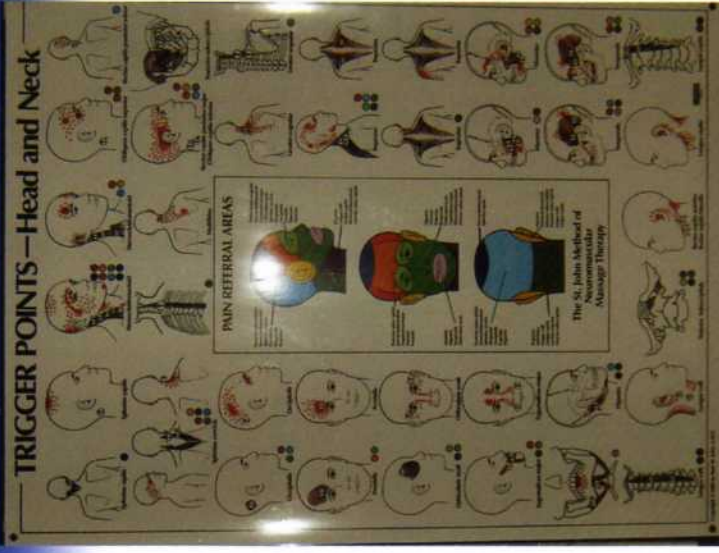
Muscles That Facilitate Breathing

So, what muscles are these that work the trunk?

The diaphragm is the principal of all breathing muscles. The diaphragm is, in its purest sense, strictly a breathing muscle, moving down & up the trunk of the body as air comes in & goes out. But, it is attached to basic postural structures such as the ribs, spine and the psoas muscle (a posture and movement muscle), so that as it works to make room to allow the lungs to expand with air, it is affecting posture. This muscle moves vertically, the same direction as upright posture.

What Other Muscles Affect Both Posture and Breathing?

There are many muscles that help open the chest and trunk to allow air into the lungs, that also affect good posture. In fact, this article would be quite lengthy if I described them all. If your curiosity is piqued, I'll give you 2 hints: Abdominals (exhale) and intercostals (inhale muscles located between ribs). There is yet another group of muscles called Scalenes Muscles located on the sides of your neck, attaching to your top 2 ribs on each side. These muscles tend to be highly stressed from posture inefficiency or injury such as whiplash, but we do also over-use these muscles in our breathing practices. These are all reasons why we get stiff necks.



The body has over 600 muscles that make parts of your body move and function! Above is an example of only some of the common trigger points and referred pain patterns that muscles can have and can restrict movement or proper function due to stress, injury, trauma or surgery.

ANY of the muscles that work as part of the respiratory system, that get injured or have stress will prevent your body from getting adequate oxygen for your body's systems to run off of. This in turn creates more stress & potential injury or trauma. This will create a never ending Pain-Spasm-Pain Cycle unless you receive SPECIFIC NEUROMUSCULAR THERAPY. We're sorry, but relaxation massage will not correct this. It just isn't effective!

It is EASIER to maintain health & well-being than it is to try to get it back! Make your appointment today!

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^ Photo: Gently moving trachea aside to work the anterior neck muscles, that control positioning of Larynx that is involved in the protection of the trachea & sound production. These muscles are highly abused in whiplash and other neck injuries.



^ Photo: Applying Trigger Point & Myofascial Release to the Diaphragm muscle located in the ribcage. Releasing restrictions in the diaphragm has shown great promise in better posture, lung capacity and elimination in mid-back pain.



^ Photo: Detailed work on the intercostal muscles between ribs allows for client to increase their flexibility in the chest for increased lung capacity.