The Overlooked Effects of Neuro-Vascular Tension in Regards to Neck Pain and Stiffness, An Interactive Presentation for Professionals and Patients

Abstract: The delicate and highly important network of nerve, artery and vein that surround, innervate and perforate through the muscles, fascia and bone of the neck is often restricted. This restriction, often caused by the fraying of the collagen based tubes that essentially define these structures, is a consistently overlooked cause of pain and stiffness in the cervical area and surrounding tissues. Impacts and sudden stops, like the ones that happen when we brake abruptly, have a fall, or even when a dog pulls hard on their leash, cause this fraying of the collagen based tubes and the collagen based tunnels they are designed to slide through. This "fraying" is essentially spiderweb like scar tissue and causes the structures to lose their functional ability to slide easily, and stiffness occurs. As this stiffness persists the interface of the structures slide less and less and the resulting accurate stiffness can lead to muscle atrophy, imbalance and dysfunction as well as osteoarthritis and cervical stenosis all of which leads to more stiffness and often pain. As this cycle continues, the body seeks to protect the delicate structures no longer able to slide and the problem tends to persist and get worse with time. This fraying and lack of mobility is almost always overlooked as the radiographs, X-rays and other scans often used for diagnostic purposes do not show the structures in movement and therefore miss the restriction that has accumulated.
Introduction of very gentle and highly effective manual therapy, to self or client, can have a profound effect on restoring the ability of these structures to regain their mobility, thereby reducing the body's need to protect the neuro-vascular tubes, allowing the muscles and bones to regain functional movement and balance, resulting in reduction of pain and stiffness.

In this interactive presentation, the theory of the work, the anatomy of the area and a demonstration of how to work with these structures will be presented. We will work on our own bodies without force and with anatomical specificity in a safe and effective manner to begin to experience the gentle and profound effects it can have.

Recent Presentations:

Release and Repair
Pembroke, Massachusetts; April 22, 2023
Presenter: "Fascial Release and Flow for the Hips and Lower Back"

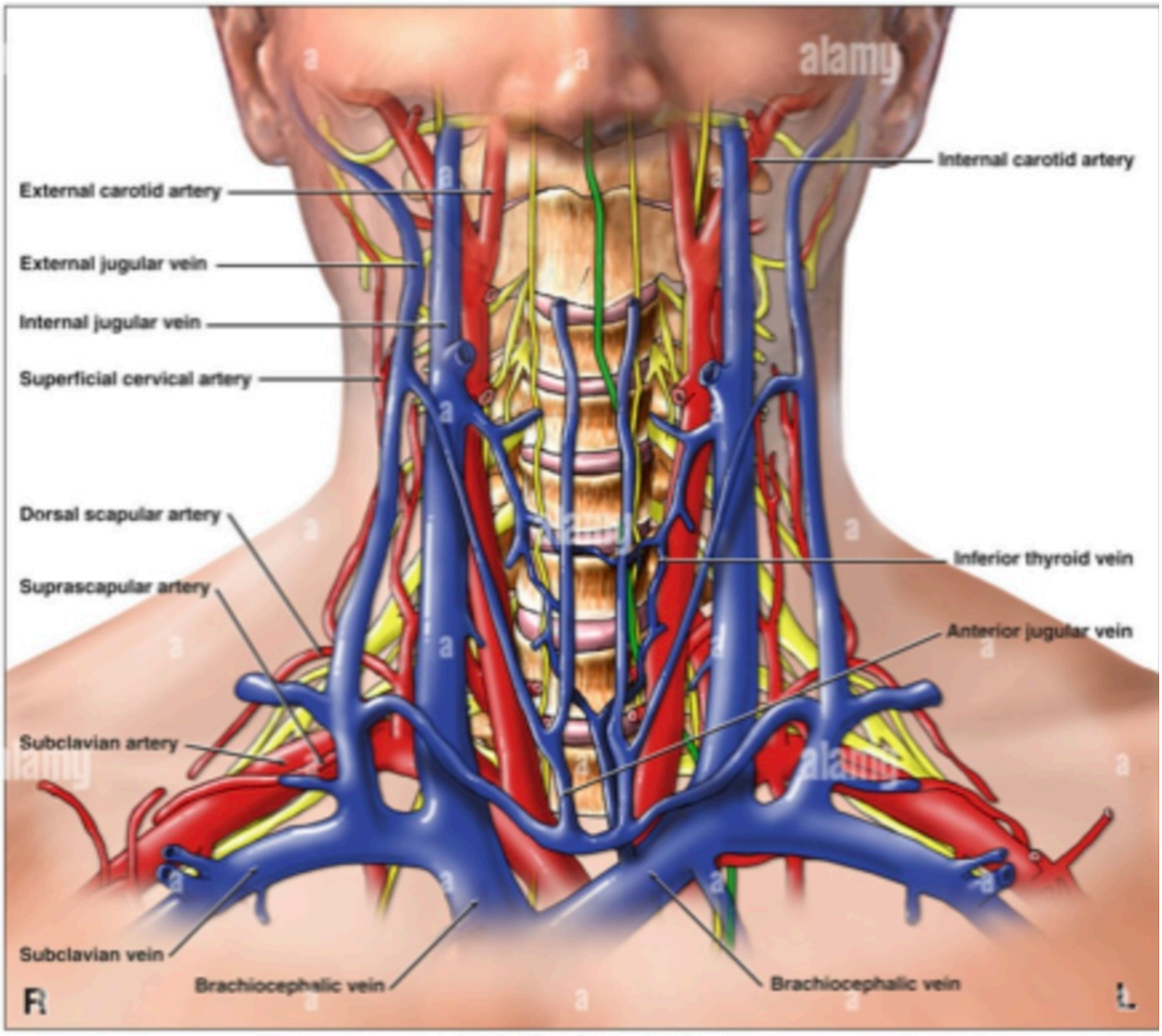
The Shine Summit
Online: April 11, 2023
Presenter: "Reprogramming the brain to rest in joy with simple exercises, an interactive presentation"

A Holistic Approach to Spinal Care
San Juan del Sur, Nicaragua; March 25-April1, 2023
Co-Director: "A neuro-vascular and visceral approach to working with back pain"

Dynamic Integration, A Holistic Approach to Chiropractic Care for the Cervical Spine
Atlanta, Georgia; January 27-29
Co-Director: "A neuro-vascular approach to working with the cervical spine"

Orthopedic Yoga Therapy For the Brain and Nervous System 100 hour certification
St Louis, MO; and online, April 13-June 29, 2022
Director

Orthopedic Yoga Therapy Level 1 200 Hour Certification
Various locations and online, December 2005-Present
Director



Michelle Fleming is a Certified Orthopedic Yoga Therapist, a neuro-vascular manual therapist, a structural integrator, a visceral body worker, Director of Transformational Yoga Teacher Trainings and a long time educator. She works with individuals and groups, in person, online and at her educational center in Nicaragua. She specializes in teaching complex anatomical ideas in an easy to understand manner; training yoga therapists and body workers, and helping people to get rid of pain and regain active, joyous lifestyles. She has taught in clinical and educational centers settings ranging from large hospitals to intimate retreat centers. Her clients and students span the gambit from medical professionals wishing to learn more, professional athletes wanting to increase their performance, small children with neurological disorders and people wanting to get our of pain. She loves her job!

Notes: Please wear a loose fitting shirt without tight straps for our presentation and do not apply any slippery lotion or oil to the neck and face before hand.