

The Comstock Difference...

Muscles In-SyncSM

At Comstock Physical Therapy, we're experts at helping patients regain pain-free movement that lasts.

What makes us different?

We take pride in our in-depth knowledge of the body and muscle movement, and we seek to treat the root cause of your pain. Our training goes beyond typical physical therapy services, resulting in unique and comprehensive treatment that works. We have a passionate understanding of how your muscles and connecting tissues work together. We call this approach **Muscles In-SyncSM**.

Muscles In-SyncSM is the combination of three important factors.

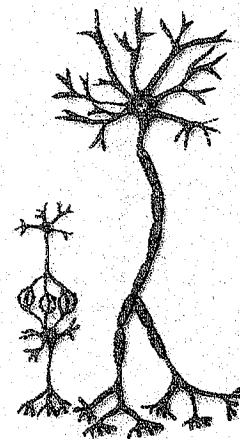


1 *Balancing Strength and Flexibility*

In order for muscles to work properly, there must be a balance of strength and flexibility. Muscles work together in systems. If one muscle is too strong, then a corresponding muscle is probably too weak. This imbalance can lead to pain and discomfort. A complete understanding of the way muscles work together is vital to returning the body to its proper mechanical performance.

2 *Dialing in the Nerves*

The nervous system plays a big part in pain scenarios. A muscle spasm or "guarding" is the body's natural reaction to certain pain. When muscles are spasmed, the connection is disturbed. If pain is impairing a nerve, it will not respond the way it should. This is similar to the way a radio dial that isn't set to an exact frequency will have static and distortion. Muscles must be "dialed in" to the correct nerve messages in order to perform properly.



3 *Muscle Order and Timing*

The order in which muscles contract or "fire" is another key to avoiding pain. Much like pistons in an engine, muscle systems have a particular sequencing pattern that is critical to proper function. For example, small stabilizer muscles in the neck are meant to contract milliseconds before the larger neck muscles. However, if the stabilizers are inhibited due to swelling or pain, the muscles contract out of sequence and cause discomfort. Muscles need to be retrained to return to their proper sequence.