



NSIPM & Sano Wellness Center

Sports Medicine: Healing from Sports Injuries & Optimum Performance

Cranial Sacral Therapy (CST)

CST primarily facilitates processes that enhance the body's innate abilities for natural healing. This therapy focuses on removing restrictive forces and obstacles related to the craniosacral system. Enhancing the mobility of the craniosacral system improves the circulation of both blood and CSF to the brain, spinal cord, pituitary gland, pineal gland, and the cranial nerve systems, among other things.

Improving fluid motion and exchange specifically enhances the functions of the brain; spinal cord; autonomic control systems; visual, auditory, olfactory, and gustatory sensory systems; motor and motor coordination systems; endocrine system; and the immune system. Less directly, it seems to affect all other body systems; therefore, it is exceptionally useful for most chronic conditions and as a preventive measure.

(Excerpt taken from an article written by Dr. Upledger, founder of Upledger Institute.)

Neurofeedback (NF)

Neurofeedback is a non-invasive, pain-free, and drug-free training for your brain. This training is similar to how the body responds to exercise, i.e. it "exercises" the brain, which supports timing and activation patterns in the brain. Neurofeedback has over 50 years of case studies and scientific publications. The results are showing better brain function, which can improve or alleviate symptoms. Currently neurofeedback is being used by thousands of licensed health professionals around the world.

Neurofeedback (QEEG biofeedback) holds potential for retraining brainwave activity to enhance optimal performance in athletes in various sports. Neurofeedback has been shown to have potential for quieting the mind to improve performance in archery, for example. It can also be used to improve concentration and focus, to improve cognitive function and emotional control following concussions and mild head injuries, and it has untapped potential to increase physical balance in gymnastics, ice skating, skiing, and other areas of performance.

(Information taken from www.clearmindcenter.com)

Hyperbaric Oxygen Therapy (HBOT)

It has long been known that healing many areas of the body cannot take place without appropriate oxygen levels in the tissue. Most illnesses and injuries occur, and often linger, at the cellular or tissue level. In many cases, such as: circulatory problems; non-healing wounds; and strokes, adequate oxygen cannot reach the damaged area and the body's natural healing ability is unable to function properly. Hyperbaric oxygen therapy provides this extra oxygen naturally and with minimal side effects.

Hyperbaric oxygen therapy improves the quality of life of the client in many areas when standard medicine is not working. Many conditions such as stroke, cerebral palsy, head injuries, and chronic fatigue have responded favorably to HBOT. In addition, many other conditions have benefited from oxygen therapy including but not limited to PTSD, athletic injuries, autism, and MS.

- Oxygen is vital for healing, fundamental for cellular health and cellular communication
- O2 therapy expedites the body's regenerative processes
- Accelerates immune system response and healing

(Information taken from www.hbot.com)

Reflexes & Brain Balance

Reflexes are foundational in movement and optimal performance. Stress and trauma in-utero and early-stage development can hinder one's ability to integrate critical reflex communication from the brain to the body. Some of the many benefits of reflex integration are improving unstable emotional responses, memory deficits, spatial orientation, comprehension, learning challenges, tendency toward addiction, self-regulation, and hormone production.

"A brain out of balance is like a symphony out of tune." - Dr. Melillo

The command center for all body functions is the brain and nervous system. When a brain gets out of balance, injured, toxic or traumatized it gets out of alignment. In order to bring a brain back into balance, we have to assess the dysfunction and strategically target support on all levels to achieve optimal functions.

Nutrition/Detoxification

Nutrition is vital for energy, healing, and optimal performance. Protocols for nutrition at Sano Wellness include customized nutrient balance for the greatest healing benefits, while practical tools for an integrated lifestyle approach allow for the potential to make lasting changes.

We emphasize the important relationship between nutrient percentages, meal timing and preparation methods that support and elevate other healing modalities. We recommend more than a diet; it's a lifestyle we want to support.

Lymph drainage supports detoxification systematically and aims to reduce pain by decreasing swelling and muscular fatigue. The lymph nodes and lymphatic system are responsible for filtering foreign matter out of the lymph as well as destroying pathogens. If the lymph nodes become blocked or clogged, severe inflammation can result and the whole system can become toxic due to lack of waste disposal. This toxicity prevents the cells from getting the necessary nutrients.

Detoxification is a vital part of any healing process because it re-establishes free lymphatic circulation throughout the body and can aid in reducing recovery time.