

Lecture 14

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Nerves & Neural Rewiring

- Musculature in the back functions at a considerable disadvantage
 - o Produces much more force internally (frequently exceeding a factor of ten) than it generates externally
- Movement and stress of intervertebral discs
 - o Refer to Peg kinesiology notes (reduce spinal compression by shortening abs and lengthening (stretching) back
- Following injury, neural recruitment patterns are commonly reprogrammed, resulting in deviations in gross movement strategies
 - o A sort of PTSD in muscles post-injury
 - o We recruit muscles differently after an injury
- Once you have experienced pain you will
 - 1) Consciously and deliberately and actively avoid activities that cause pain AND
 - 2) Your body will unconsciously and reflexively avoid the activities that cause you pain
- Even in your muscle spindles, these are centrally modulated in the presence of pain