

The Athlete and Neural Organization Technique

The athlete must perform at peak efficiency, with fluid, unimpaired movements. If a neurologic deficit exists from an old injury, performance is compromised and injury to the muscle or structural systems can, and many times, does occur. Because all muscles are part of a reactive muscle system and cannot act independently, certain weaknesses will inevitably be present if an imbalance exists. A hyper (tight) muscle must have a hypo (weak) muscle somewhere in normal reactivity. A hyper muscle is potentially a weak muscle because the muscle bundles cannot go through their normal resting cycle and are more subject to fatigue and, therefore, injury. A hypo muscle is a weak muscle from the start. There is a loss of joint stability in either case. The athlete is subject to potential injury and loss of ability to perform if the fault is not corrected and a balance established. With proper care, most athletic injuries can be prevented.

Philosophy

Neural Organization Technique, known as N.O.T., is both a technique and a philosophy. The philosophy, simply stated, is that the body was created to survive on its own in a hostile environment and is genetically organized in demonstrable computer-like programs, for all of its functions. The survival mechanisms are essentially the primitive; born with, reflex systems of feeding, fight or flight and reproduction.

The limbic system, which is a combination of the immune, repair, cellular reproduction and growth systems (the fourth survival), ties the basic three together into a cohesive life force. Everything that happens to the body, in its effort to survive, must involve at least one of these primary systems directly and the others indirectly. All this is controlled by the nervous system, which continually monitors all of these mechanisms, deals with them as needed and when necessary, creates compensatory functions to survive. We are wondrously and awesomely created.

How it Works

The N.O.T. procedures, based in Applied Kinesiology, cranial and some standard chiropractic procedures are an organized examination/treatment protocol utilizing intact muscle indicators and recognizing certain neurological priority systems. If failure or stress in one or more of these survival systems is determined, a specific non-invasive treatment is indicated according to the findings and a retest of the original indicators determines the immediate effect of that treatment. All previously weak indicators must now be very strong and if there has been no damage to tissue, the effect is immediate. The ultimate goal of the N.O.T. protocol is to establish both neural organization and integrity within the physical structure. With a balance of the muscle system, injury is prevented, strength is established and maximum performance is at its highest potential.

Most Injuries Can be Prevented

Although most of the athletic injuries are caused by body or ground contact in sports, with the exception of bruises and breaks, they do not occur at the time of contact. The body is in a fight or flight mode, so to speak, and compensates for the injury at that time. It is after the fact that the back or neck hurts, balance or timing is off, the muscle pulls, etc. Proper treatment can neutralize the effects of the trauma, re-establish the proper integration of body function and prevent chronic injury. The usual, non-traumatic injuries can then be prevented.

With a properly integrated and organized nervous system and a properly balanced structural weight-bearing system, most athletic injuries can be prevented. Therefore, it is essential that the athlete obtain proper treatment - maximum performance depends on it.