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Nuero - Physical- Rehabilitation

Norwich UK

We give you the tools to repair yourself

Back problems?

Don't relieve it temporarily! Repairs it for life!

How much does your back problem cost you a year in lost income/ sickness /quality of life and mobility?

Stop relying on others to maintain your health and well-being and have the necessary tools to do it for yourself!

The problem with most therapies and pharmaceuticals is that while they may be able to give temporary relief of back/structural and muscular pain, they are unable to change the information that is at the source of the problems within your system. Because that information is still right there in the brain!

The brain needs repetition to get itself out of bad, negative behavioural patterns - so called - maladaptive systems (a maladaptive system is a system that has learned to function in a low energy/ negative state, so that you can continue to function in your daily life without breaking down fully).



As the brain dictates how healthy a human system is, we need to expose the problems that we have happening in the system so that the brain can bring about positive changes through awareness of what is happening in that system.

The brain will always choose the most advantageous for the system, as long as it knows that a problem exists - cognitively.

This is how we can bring about positive long term change to the system by exposing the problems to the brain cognitively - through slow/ controlled exercises that target certain nervous pathways responsible for bringing about real change within the human body/brain system.

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