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Understand the SYSTEMS That are BUILT to MOVE and can SUSTAINED PAIN: VISCERA

1. Without ORGAN mobility, your trunk would lose its ability to twist and bend
2. Functional joints for your organs only exist because of the lubricating properties of fascia
   a. Organs are coated with fascia
   b. Organs can glide and slide on every other structure
   c. Organs have FUNCTIONAL JOINTS and that allows our trunk to move
   d. Freedom to move helps keep viscera efficient
3. Organs and their fascia lose mobility due to:
   a. Direct trauma:
      i. seat belt *sports *falls *surgery *pregnancy *N&V
   b. Indirect trauma:
      i. shock waves *pulling a muscle *TENSIONS fascial system
   c. Inflammation:
      i. Allergies *food poisoning *GI virus *bacteria *endometriosis pelvic *inflammatory disease *urinary tract infection *organ disease *medications
   d. Muscle tension from stress or fear:
      i. common emotion site
   e. Inflamed nerves, muscles or joints NEAR an organ
   f. Organ problems:
      i. acid reflux *constipation *diarrhea *hiatal hernia *liver disease *bladder infection, *swollen prostate *endometriosis *gall bladder disease
   g. Constant compression
      i. Garments *posture
4. Viscera has predictable places it causes you to feel pain, without that area having the problem
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