

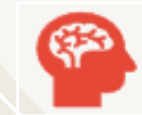
Sensory Motor Amnesia



Sensory motor amnesia is the term given by Thomas Hanna, that describes the state of muscles when held chronically tight and cannot switch off, even when we are relaxing and enjoying ourselves.



This often goes unnoticed until it shows up as pain or stiffness in the body. It is often not just one muscle that is tight, as nothing works in isolation, but rather a whole kinetic chain that can create dysfunctional movement patterns.



Sensory motor amnesia is the body's reaction to stress. It is the way we unconsciously and repeatedly react to stress that creates reflexive patterns of tension.