

TSPP

CARPET FOR PROPIOCEPTIVE PODAL STIMULATION



DESCRIPTION

The proprioceptive stimulator mat is an easy to use accessory that gives great results through exercises that we will see below. The result obtained is the feeling of general well-being that spreads from the feet to the whole body, thanks to the close relationship between muscle tone and posture, as applied Kinesiology itself. The special tips of which the TSPP is coated have the main function of activating the natural self-healing mechanisms of the body, through the stimulation of the neuro-muscular and neurosensory systems.

In fact, as the neurologist J.P. Roll the sensitivity that each of us has of body perception enables us to learn bodily; body perception is inherent in the cells.

The human body is like a chain of gears, which doubles and also becomes sensorial, the chains are overlapping, muscles and senses become sensory muscles and the skin plus muscles are a neuromuscular pair.

The sensory chain starts at the feet at the other end of the body.

WHY USE THE TSPP

Through the walkway on the carpet the advantages are many, among the most important are included:

- ✓ Stimulate the inductive receptors of postural tone;
- ✓ Give elasticity to the muscle-capsular-articular complex;
- ✓ Recover the mobility of ankylosed joints;
- ✓ Proprioceptive re-education of muscle chains, anti-gravitational globally (because the musculature of body dynamics, phasic, is inserted on the bony structures that need to be stabilized by the tonic motor units of the deep paravertebral musculature - erector muscles of the spine: multifidus, rotators, intertrasversaries, interspinous, etc.) and the tonic musculature that manages the stability of the joints of the lower limbs (ankle, knee and hip).
- ✓ Rebalance the loads.
- ✓ Reduce the interstitial pressure with activation of the lymphatic flow true in the area where the pressure is reduced.
- ✓ Unzip the nerve endings with less pain.

Improve the flow of liquids through lymphatic and vascular drainage, eliminating swelling, reducing excess tissue heat, supplying oxygen to the muscles.

The pack contains 4 mats of 4 different intensities and colors:

- 1 yellow pad ("sand" intensity),
- 1 green mat ("lawn" intensity),
- 1 blue mat (intensity "pebbles")
- 1 fuchsia rug ("rock" intensity)
- a manual dedicated to the daily use of carpets with a journey of 18 exercises lasting a total of about 20 minutes.

Measurements of each mat: 47 cm long x 35 cm wide x 3 cm high.