



THE BODY BALANCE AND FUNCTIONAL OCCLUSION

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Introduction: In today's society in the world in which we live, competition forces us to an ongoing effort to maintain personal balance in work and activities we play since we were children. To develop these activities psychomotor, is necessary for the tonic-postural system throughout the body is perfectly balanced.

When the daily activity, work or sports, does not perform ergonomically, both physical and psychological aspects, emerging imbalances with impact on neuromuscular activity, joint and skeletal. In short, it alter the functional state of the subject and the first symptoms and signs of disease.

Many back pain, whiplash, headaches, back pain, etc, may be due to factors related to specific injuries of the spine, extremities, joints, muscle contractures but also by poor posture and body at in many cases may be related to imbalances in the dental arches and the maxillary mandibular dynamics that influence inadequate, with impact on muscles and joints of the stomatognathic complex.

Postural Tonic System (PTS): The tonic postural system is a very complex set of structures and functions of interaction between afferents and efferents, determined by several receptors posture, which in turn are directly and indirectly modulated by the central nervous system (CNS), cortico-spinal level through the system and neuro-sensory motor reflexes.

There are several primary postural receptors exteroceptive and proprioceptive functions that report to the Central Nervous System of your condition.

The STP is, in short, a system of interrelated structures to optimize the position and movements to be performed by the individual to perform the body that requires its bioecosystems life, environment or social housing, work, or sports.