

A woman is lying down, looking up. A blue device is placed on her forehead. A hand is holding a white device near her face. The background is a window with a view of a house.

The Vagus Nerve -Health- -Wellness- -Disease-

By
Sharik L Peck, PT, MRC
Inventor of Rezzimax
(Conflict of Interest Statement)

96.0 mm

H |

R

zoom: 1.30

F |

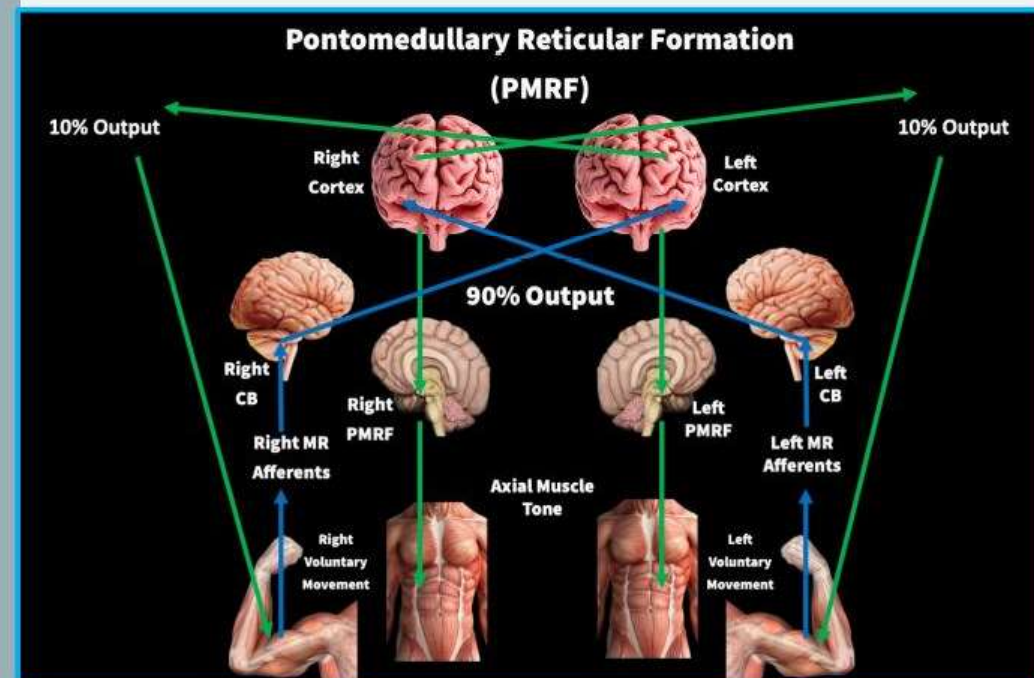


PMRF AND NEUROLOGY

Voluntary movement is controlled by the **CONTRALATERAL** (opposite) cortical hemisphere.

Approximately 10% of the total output of the cortical hemisphere is dedicated to **VOLUNTARY** movement (while the movement is happening).

The other 90% of cortical hemispheric output is dedicated to creating reflexive stability and control **IPSILATERALLY** (same side) through activation of a portion of the brainstem called the PMRF (pontomedullary reticular formation).



Courtesy of Dr. Ryan Cedermark

The Amazing Brain

6.5 x more grey matter

9.5 x more white matter



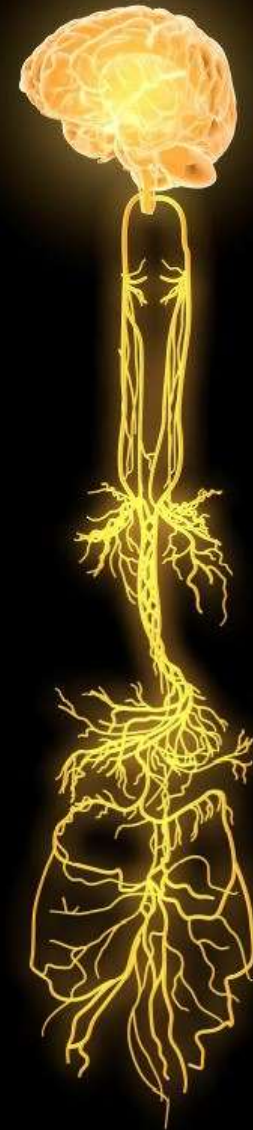
REZZIMAX™

www.Rezzimax.com

**TWO KEY AREAS OF THE
NERVOUS SYSTEM THAT CAN
HELP TAME SYMPATHETIC
TONE**

- 1. Prefrontal Cortex
- 2. Vagus nerve

Courtesy of Dr. Ryan Cedermark



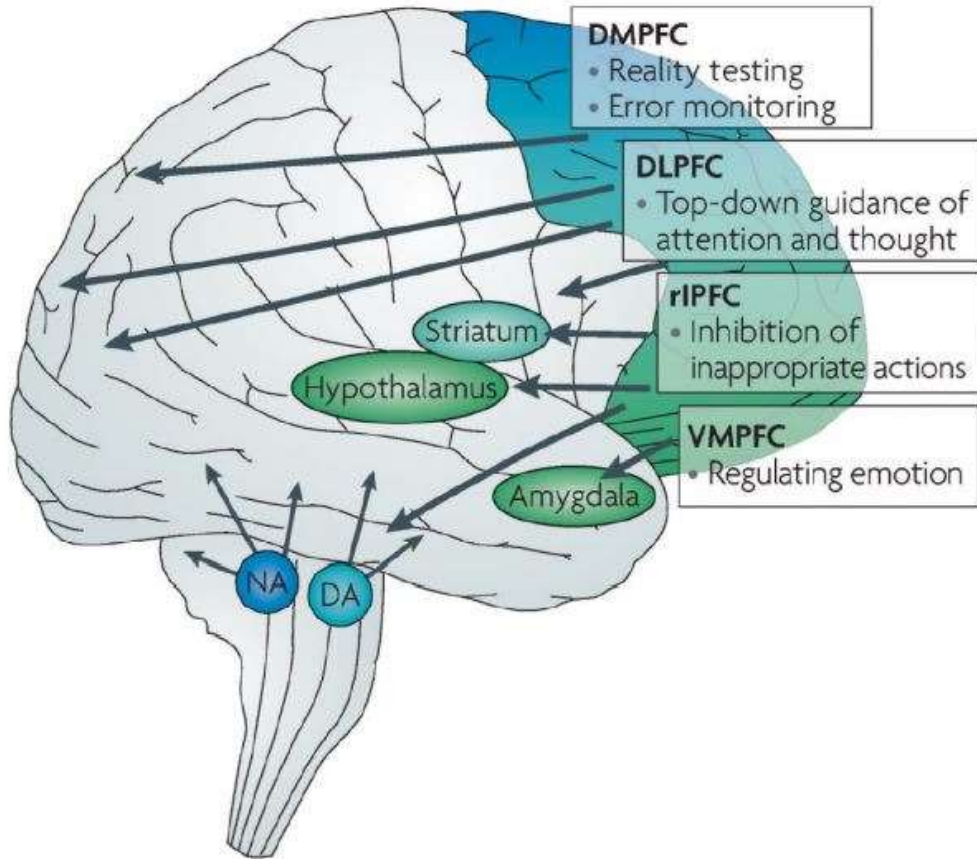
IT REALLY IS ALL ABOUT BALANCE

To say the SNS and PNS are antagonistic is an oversimplification. The two systems can work with each other, against each other, or even independently of one another in order to maintain homeostasis, or equilibrium throughout the body's systems. **It's all about balance.**

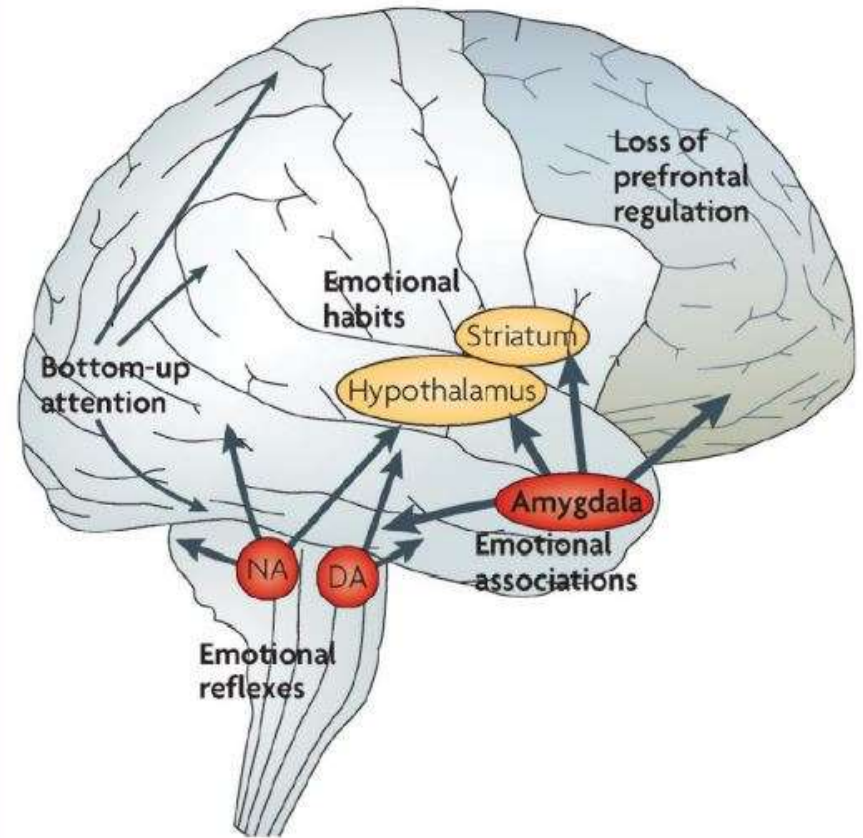
Courtesy of Dr. Ryan Cedermark



a Prefrontal regulation during alert, non-stress conditions



b Amygdala control during stress conditions



Talking about emotion...

The Trigeminal - CN V

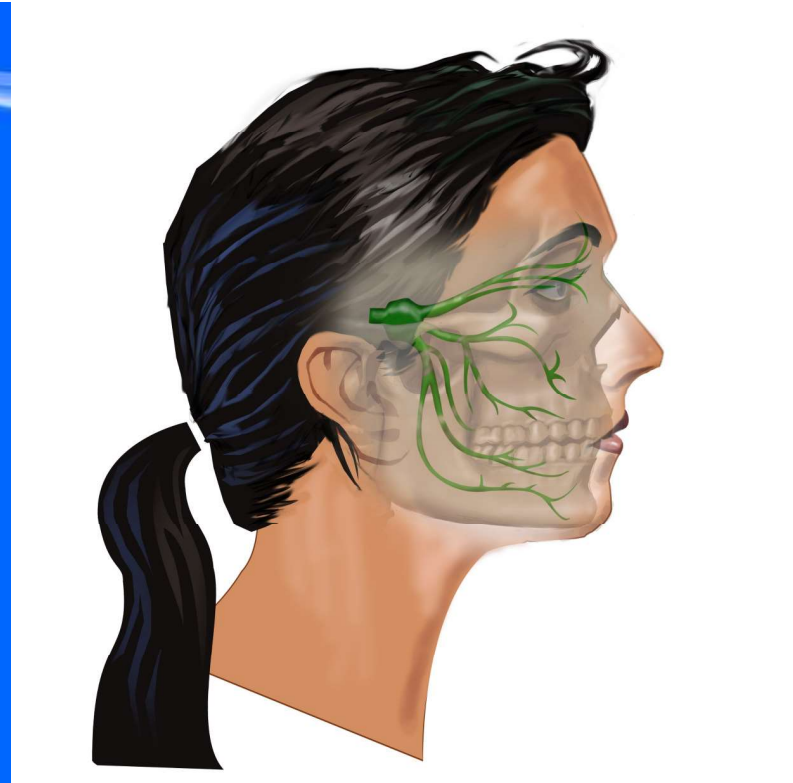
Motor – Mandibular branch

Closing, Deviating, Opening, Protrusion, Retraction

Strong Sympathetic Response

Parasympathetic also -

The post-ganglionic neurons of parasympathetic ganglia travel with branches of the trigeminal nerve.



Parasympathetic Powerhouses

• CN III - CN VII - CN VIII - CN IX - CN X



REZZIMAX™

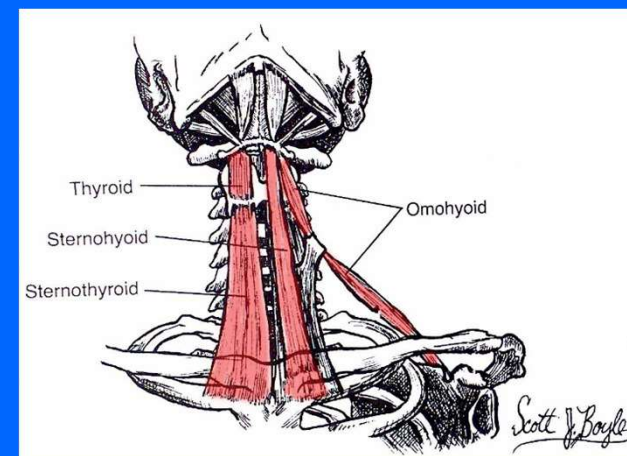
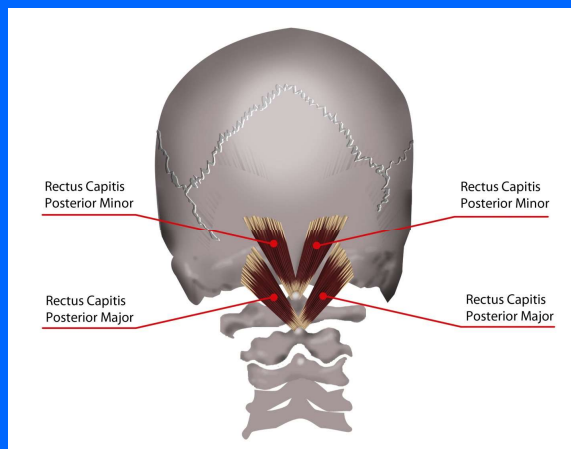
CN - V



CN - X



The RCPM & the Dural Connection – Omohyoid?



Rectus Capitis Posterior Major/Minor + Levator Scapula + Omohyoid

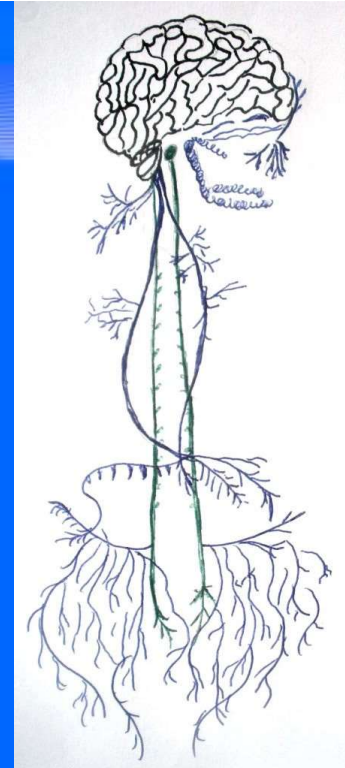
A Myodural Bridge??



CN X - The Vagus Nerve

- Modulates Inflammation
- Strengthens Memory
- Helps You Breathe
- Increased Salivation
- Controls the Relaxation Response
- Inhibits Depression - How?
- Regulates Serotonin Production
- 3x more afferent than efferent fibers
- Visceral afferent information is relayed to limbic, forebrain, cortical regions, -- a role in attention, emotion, and anxiety.

Dorsal Vagal Complex vs Ventral Vagal Complex



REZZIMAX

CN X (The Wanderer) continued

- **Driver of the Gut-Brain Axis?**
(Bi-Directional)
- **Gag Reflex**
- **Heart Rhythm**
- **Helps regulate blood pressure**
- **Regulates stomach acid**
- **Vocal Cords**

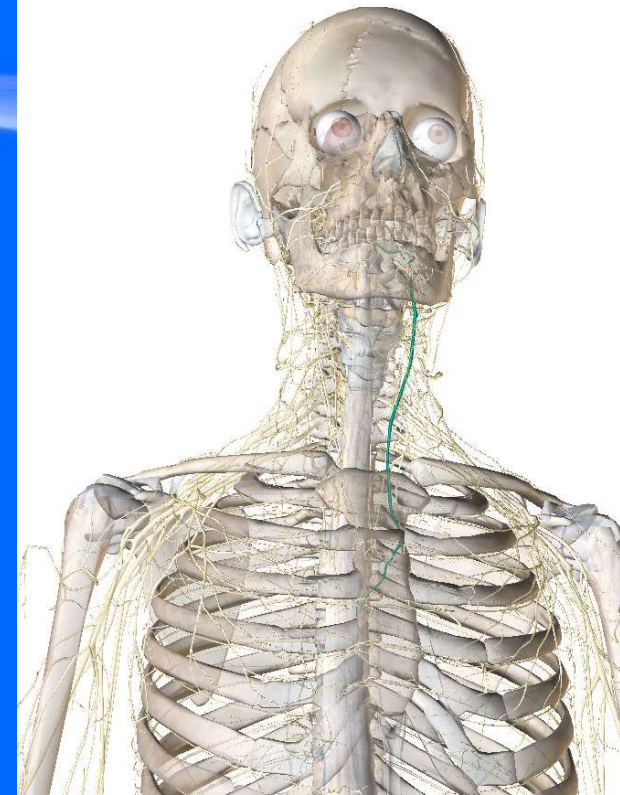


Image from Visible Body Software

LET'S RUN THROUGH A FEW NEURO-REHAB IDEAS!



Rooting Reflex- Should integrate around 7 months

Take Rezzimax and go from ear to the lip

Additional enhancements: Shen Men Acupressure bead

Laser: Cerebellum Setting 1 minute on side of vibration

Spinal Galant: should integrate around 6 months

Take Rezzimax and go from Mid thoracic to waistline while patient is on hands/knees (quad position), can go laterally to ribs as well

Additional Enhancements: Shen Men Acupressure bead

Laser: Cerebellum Setting 1 minute on side of vibration

Exercises: Inch worms, snow angels, Donkey Kicks

Babinski: research shows 12 to 24 months

Take Rezzimax and go from heel to toes

Additional enhancements: Shen Men Acupressure bead

Laser: Cerebellum Setting 1 minute on side of vibration

Exercises: picking up cotton ball with toes, jumping on trampoline

Palmer Reflex: should integrate 4-6 months

Take Rezzimax and go from wrist to the distal fingertips, digital pressure in thenar and hypothenar area

Additional enhancements: Shen Men Acupressure bead

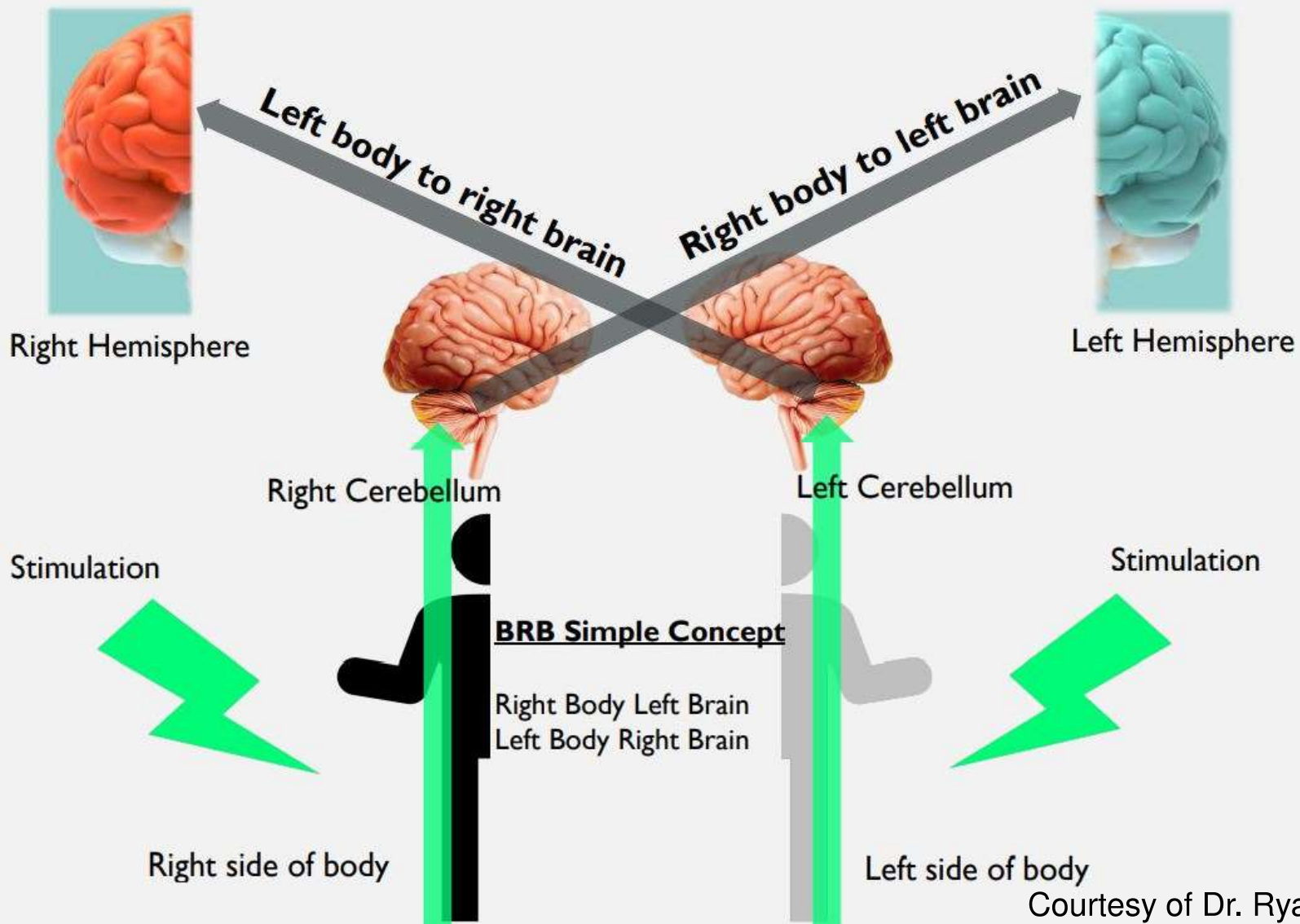
Laser: Cerebellum Setting 1 minute on side of vibration

Exercises: ball grasp, rice bucket, crawling, finger taps



 **NeuroSolution**

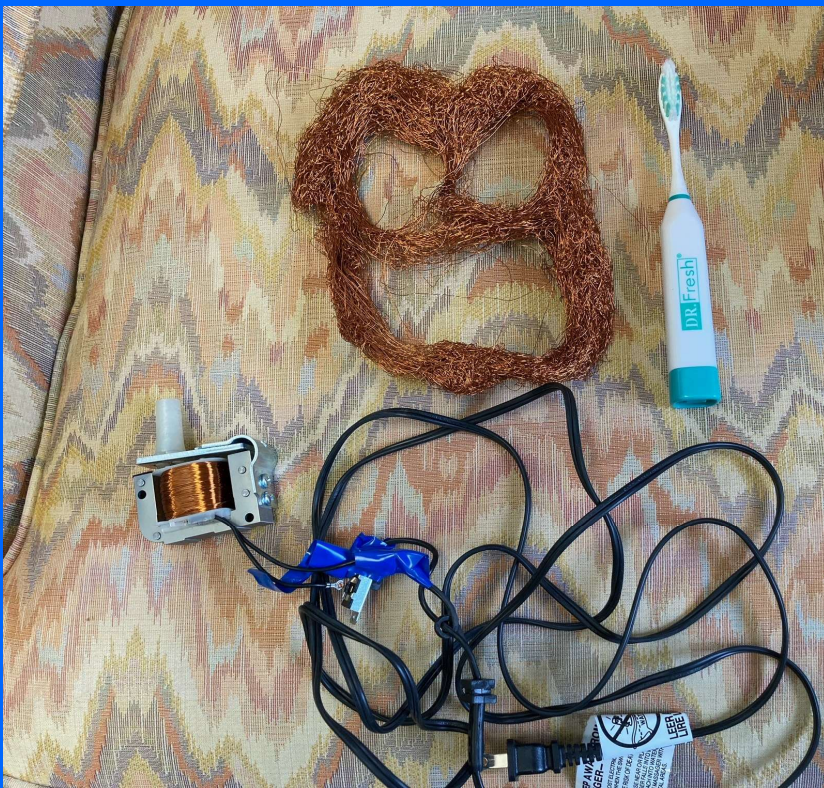
Courtesy of Dr. Kyle Daigle



Courtesy of Dr. Ryan Cedermark

Applying Resonance

- What not to use



Applying Resonance

- A good tool to use looks like this:

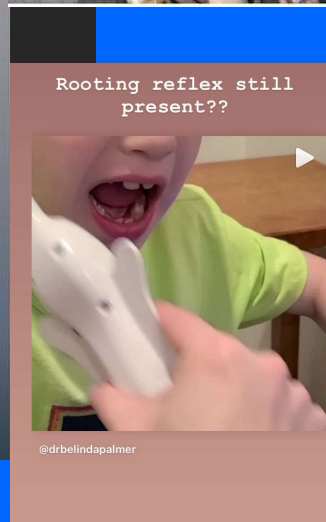
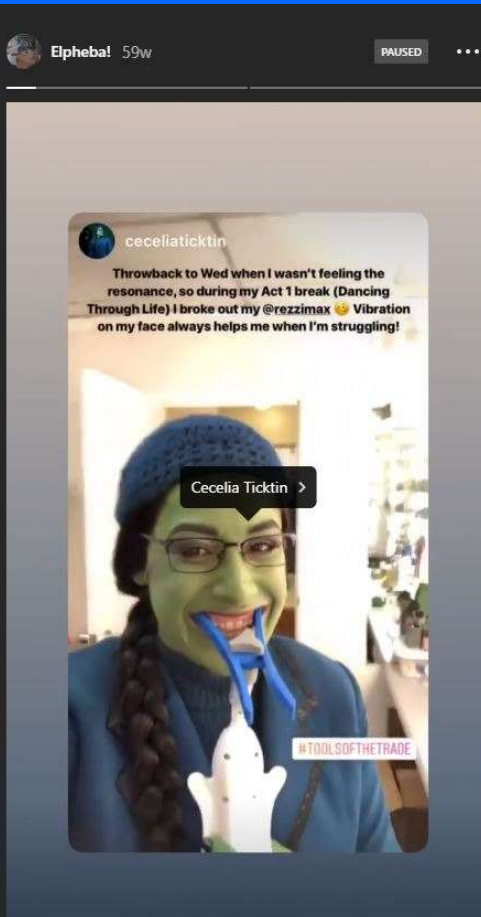


Home Therapy

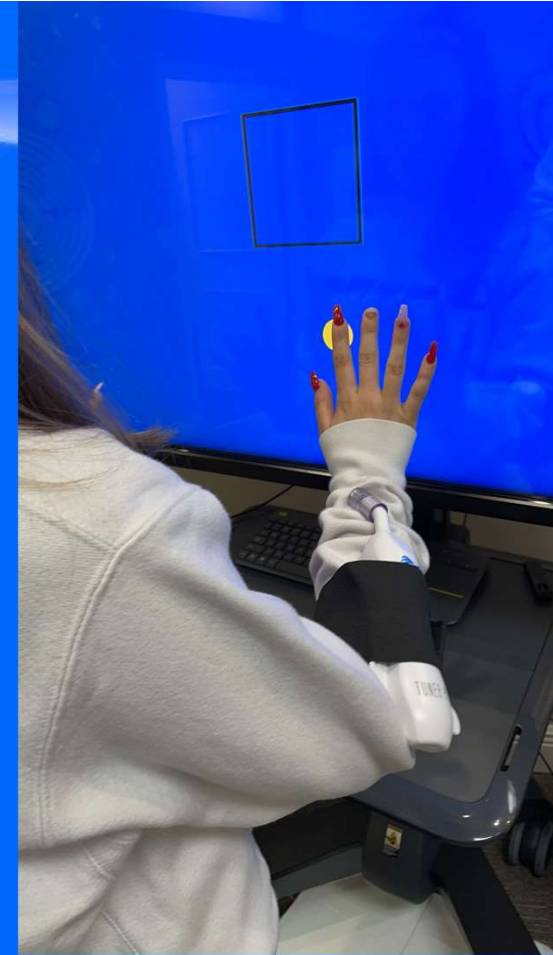
- Primitive reflex exercises with resonance applied
- GuaSha or IASTM wakes up proprioceptive communication
- Hand-eye coordination, balance, metronome, **resonance**
- Cranial Nerves - the best entry to the brain!



Home Therapy ideas



Home Therapy ideas



Home Therapy ideas

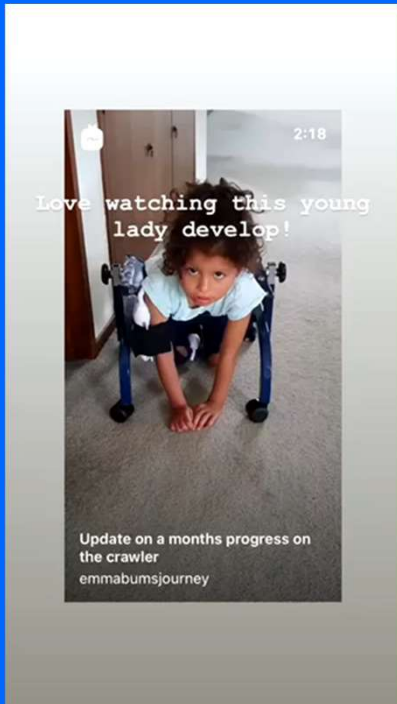
Thank you Dr. Tyler for an excellent demonstration and explanation!



@bagnell_brain_center
Great 🧠 work!!!



Home Therapy ideas

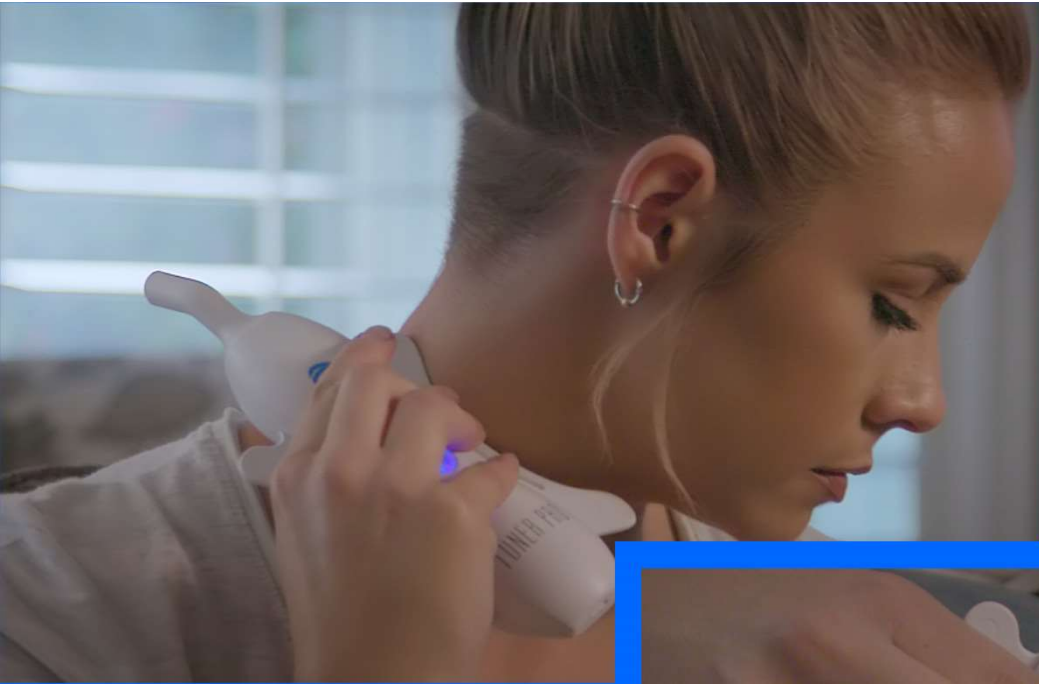


Home Therapy ideas





www.Rezzimax.com

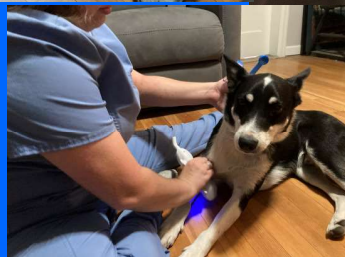
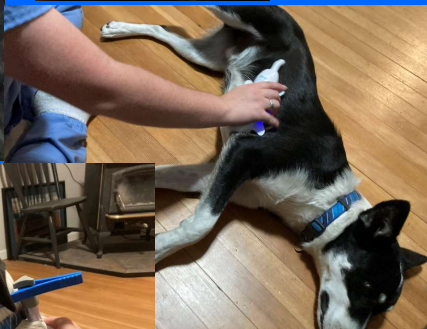
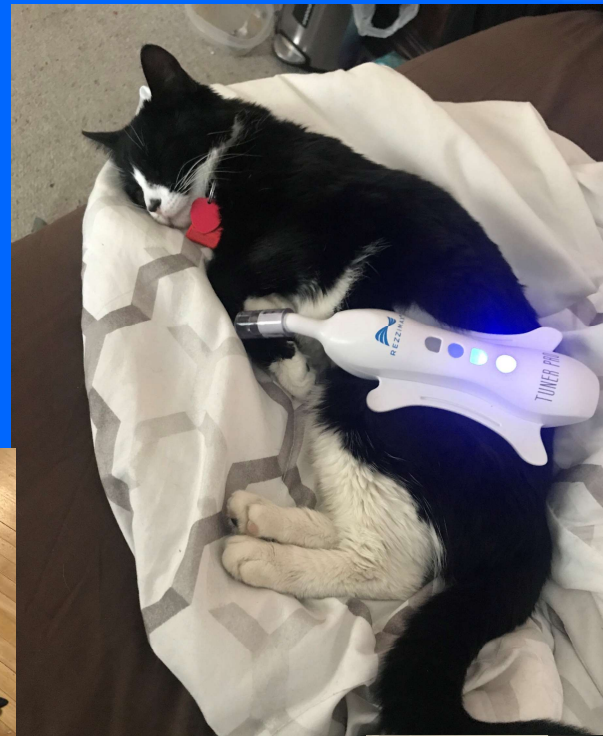
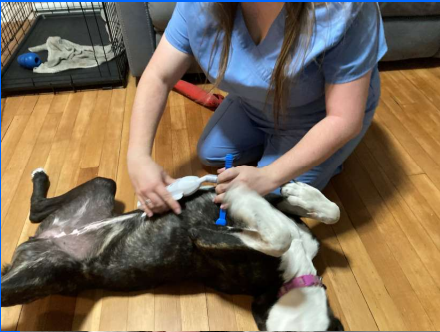


REZZIMAX™

www.Rezzimax.com



Home Therapy ideas



Barnyard Therapy ideas





www.Rezzimax.com
sharik@rezzimax.com
fb: rezzimaxpaintuner
IG: @rezzimaxpaintuner

***“Thank You for your contribution to this world. I see your invention as a musical instrument.
The more I play it, the more I see its complexities and potential.”***

Dr. Michael Trayford
Apex Brain Centers