The Body Remembers

Physiotherapy for traumatized refugees

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Thoughts

Emotions

Body

Psychologist + Physiotherapist + Physician + Social counsellor = Therapy
Reactions to perceived or real stress/danger

Type 1: “swoop” sympathetic activation
- Dizziness
- Lightheaded
- Hyperventilation
- Dry mouth
- Numbness
- Muscle tension
- Feelings of unreality

Type 2: “shutdown” para-sympathetic activation
- Bradycardia
- Vasodilatation
- Hypotension
- Drop in arousal
- Surrender
- Cognitive failure
- Numbing of all emotions

1. Freeze
(attractive immobility: “orientation response”)

2. Flight

3. Fight

4. Fright
(tonic immobility: unresponsive immobility)
- Tachycardia
- Vasocostriction
- Hypertension
- Hyperventilation
- High emotion arousal
- Fear largely repressing anger
- I.a. aggressive breakout followed by immobility
- Faster onset and termination of the immobility

5. Flag

6. Faint

Increasing dissociation during cascade progression
Pain

Bodily sensations

Catastrophizing

Fear of moving

Avoidance

Re-experiencing

Negative changes in thoughts or mood

PTSD

Arousal

Swedish Red Cross
Cardiovascular diseases
  Diabetes
  Sensitivity for infections

Concentration and memory problems
Sleeping difficulties
Anxiety
Depression

Higher risk of suicidality
Premature mortality
Lower quality of life
Tendency to isolation

Muscle tensions
Sensitivity for pain
Headaches
Back- and neck pain
Digestion problems
Numbness, weakness
Dizziness
Stabilization
- Setting needs and goals
- Education
- Connect to the body by using it
- Daily routines

Integration
- Self-caring
- Understanding
- Coping
- Independence

Processing
- Physical activity
- Body Awareness
- Exposure
- Education
- Express needs

Swedish Red Cross
“The day and night after sport activities I feel tired in a different way, in a good way. I am more relaxed; it is easier to fall asleep and I don’t wake up as many times as usual.”

“The day after the group training and playing football I have a lot of pain, but it’s a “good pain”... ...it reminds me of playing football as a teenager ...it doesn’t stop me from doing things anymore.”
“...for me, the most important thing is how my kids see me when they get back from school and we talk about our days... instead of “nothing”, or just being home, in my bed - I can now tell them I have been out playing football with some friends.”

“Physical activity has changed me. I have begun to like myself again and I have begun to enjoy speaking to other people. I was isolated for 4-5 years, I didn’t like to speak with other people, but now after being in the group I feel changed, I feel different. I feel reliant when speaking to people, and confident...Trust in myself and others, to be able to speak and communicate. And our sessions here opens up our eyes and mind, to be able to think in new ways and see things in a new way.”
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hvala mahad አልተ ከወን ይalu
ευχαριστίες teşekkürler धन्यवाद
gracias 謝謝

If you have any questions:
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