



# Understanding Micro Trauma: A Review

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**Abstract:** There are good and bad moments in life. As humans, it's normal to have experiences that are filled with pain and sadness. However, if we continue to stay in dysfunctional frameworks, it can bruise our psyche over time and manifest as chronic depression and anxiety. There is a phenomenon known as micro-trauma that builds up over time and causes subtle hurts to build up. This paper explores the concept of Micro Trauma, its causes and impact.

**Index Terms – Micro Trauma , Muscle Fibres, Mcritorn .**

## I. INTRODUCTION

Microtrauma is any of many possible small injuries to the body. Muscle fibres can be "microtorn" during microtrauma, which can include microtearing of the muscle fibres, the connective tissue around the muscle, as well as tendons and bones (see Wolff's law). As shown by the calluses formed by running barefoot and rock climbing, microtrauma to the skin (compression, impact, abrasion) can also increase a skin's thickness, as seen by the calluses formed by rock climbing. At stressed sites, where skin cells rapidly slough off or undergo compression or abrasion, skin cells may reproduce more rapidly.

It is difficult to see or feel microtrauma because it causes a low level of inflammation. These injuries can affect muscles, ligaments, vertebrae, and discs alone or in combination. If repeated microtraumas are not allowed to heal, they can lead to more serious conditions. Typically, when we think of musculoskeletal injuries, we think of the catastrophic events that precede time off from work, surgery, or a trip to the ER. In reality, most injuries are microtrauma.

A lot of seemingly harmless activities we perform every day are easily overlooked. A rubber band loses its elasticity with constant tension and stretching, just as our joints, tendons, ligaments and connective tissue can only withstand a certain amount of mechanical stress. In fact, these strains may be an underlying cause of a catastrophic injury that is just waiting to "snap."

Usually, we think of trauma as big, monumental events in our lives that leave a lasting impact, like loss of a loved one or domestic abuse. Micro-trauma, on the other hand, is more subtle. The Seattle-based psychologist and psychoanalyst Margaret Crastnopol, Ph.D., has studied micro-trauma in depth. She defines it as "seemingly insignificant experiences that are emotionally damaging."

Subtly hurtful experiences can accumulate over time, and can eventually damage your value, security, and well-being because they seem so minor." Therefore, when these incidents are isolated, they can be moved on relatively unscathed without negatively affecting your way of being or how you relate to others. We begin to form a mosaic with a demonstrated history of repeated, emotional wounds when we string these events together.

A person's self-worth and self-esteem are undermined over time if these subtle hurts are unaddressed, compromising the capacity for healthy relationships, according to holistic therapist Sarah Rocha, LPC and CCTP. Micro-trauma sufferers will find it difficult to nourish their mind, body, and soul, as well as maintain healthy relationships.

## II. MICRO TRAUMA TYPES

- **Small slights and insults:** Among the most common forms of micro-trauma are what researchers refers to as little murders. "Little murders, direct or indirect attacks on another's sense of self-worth, are primarily harmful to relationships. A vast and varied group of behaviors, they include off-hand insults, slights, mockery, back-biting, discounting, damning with faint praise, and back-handed compliments". When you keep receiving perceived putdowns (e.g., why does my mom always nag me about my career choice? ), you may feel as if you have to stay vigilant to avoid the next attack. However, hypervigilance can be constricting and painful. You can build an impenetrable wall of hurt when these slights stack up, distancing yourself from others in order to avoid further hurt.

- **Being suddenly abandoned:** When someone suddenly withdraws from you, it can leave you feeling unclear and uncertain. After investing in the bond, it is natural to second-guess yourself and doubt what the relationship was really based on. Insecurity may begin to stir as you try to understand their actions and make sense of it all. You might even start wondering if your judgments were wrong the whole time or if the connection had been a lie. The sudden, one-sided reduction of a relationship can cause micro-trauma if it's a repeated occurrence in someone's life. It explains that this "unkind cutting back" is hurtful and confusing as the contact is shortened or postponed without much explanation. This kind of behavior psychologically impacts the other person by diminishing their trust.
- **Chronic entrenchment:** The majority of us know someone who is overly resigned to their lot in life. Chronic entrenchment is a condition in which the person is almost stuck in place, unable to move forward or backward. The people around the stagnant person are the ones who suffer microtrauma from this experience. A person can become locked in either a self-diminishing or overly self-contented attitude that causes collateral damage to others. It feels familiar and, in some way, suited to oneself. Most of the person's energy is devoted to proving that growing would be foolish and psychologically disastrous. They abandon their attempts to change things before they can yield fruit when they try to do so." While the person may not perceive this as a damaging act—they're not making a fuss or rocking the boat—it can be detrimental to friends and family who are there for them and get tangled up in their stagnant entrenchments as a result. Keeping enacting the same toxic dynamic can take a long and often destructive toll on everyone.
- **Chronic indignation:** If you don't feel sufficiently accepted by your peers, partners, or society, that chronic feeling of indignation can develop into trauma. It's important to keep in mind that chronic indignation can sometimes trigger uglier tendencies. Despite anger being a healthy emotion, acting from a place of self-righteousness can lead to places that aren't beneficial to you or your relationship.
- **Airbrushing and excessive niceness:** "Psychological airbrushing" means inflating oneself or another by minimizing or covering over flaws. The airbrushing approach is accompanied by an attitude of excessive niceness, in which one responds affectively to the other as if any shortcomings or flaws are irrelevant. In either case, it may leave others unable to effectively deal with friction when people engage in either of these sorts of covering up."At a cursory glance, it's easy to overlook the implications of participating in this kind of behavior. On the surface, it may not seem too concerning. But this kind of situation is quite beguiling, as it lures us into shallow exchanges and prevents us from observing the truth. In these cases, being disingenuous is seen as an advantage and we often repress our more organic feelings, like fury, distress, or humiliation. However, if we can accept these emotions and learn to express them honestly, they can aid us on our journey towards self-development.
- **Uneasy intimacy:** When you first start bonding with someone, it's easy to get swept up in the intensity of your relationship without taking time to truly appreciate each other's differences. When all is going well, it can be difficult to confront those differences and keep a strong sense of harmony. But if you constantly choose to ignore your own perspectives and embrace your partner's, it can lead to a slippery slope where you ultimately become engulfed by them and risk losing your identity. Despite being thrillingly engaging, uneasy intimacy can also be unsettling, a kind of insecure closeness that can be both thrilling and unsettling at the same time. When you recognize the pattern, it becomes easier to distinguish between love and emotional dependency, and you can stop being emotionally dependent.
- **Connoisseurship gone awry:** Relationships between mentors and teachers can be positive, but too much influence can translate into coercion and degrade your self-esteem over time. The connoisseur's mindset involves a preoccupation with seeking ever more refinement in his or her knowledge, mastery, or level of appreciation.

### III. RECOVERING WITH MICRO TRAUMA

There is an important factor to consider: Americans devote about 10 hours per day to screen time. Inactivity is a major problem, but forward head posture strains the tendons, ligaments, and muscles, resulting in uneven stress on the spine. Ultimately, this results in deformation and weakness in the supporting tissue around the neck joint. The straw that breaks the camel's back is a minor neck stretch as you back out of the car.

Changing diet and nutrition, as well as lifestyle changes appropriate to the patient, can help to offset this microscopic cascade and ensure complete healing. There is a high level of pro-inflammatory trans fats in most diets, as well as a lack of anti-inflammatory phytonutrients, high-quality protein, and essential amino acids in most diets. We need all of these nutrients to build muscle, collagen, cartilage, tendons, ligaments, skin, and even bone. Because of this, even with proper physical rehabilitation, patients may not completely recover after surgery. It is during sleep that our bodies repair and regenerate injuries, and sleep deprivation can delay healing. Although surgery was contemplated, the patient's pain was greatly reduced in three weeks, all residual symptoms resolved in three months, and all function was fully restored in six months. Cases like this one, which took decades to develop, require patience and time to fully resolve.

The very first step to identify a troublesome, self-destructive pattern is to note and not discount feelings of disquiet or upset in one's own life. What kind of relating, with whom, causes these feelings? Are there troubling memories from earlier in life that come to mind with regularity that might be capturing an instance of being mistreated or being mistreated? It is important to process past emotions deeply to avoid bringing them into the present. This can be done with a trusted friend or trauma professional who can help you lovingly remove these blockages from your life.

It is important to speak out about your trauma with someone you trust who will listen with compassion, even if you don't have to [explicitly] talk about it. It is possible to shift the energy in the body by talking about your emotions with another person, as well as receive positive support and validation from them. Keep your attention centered on the present in your day-to-day life. Since confronting this head-on can be scary, take the time to move and connect with your body. Any movement that is rhythmic and engages your arms, legs, and whole body helps to calm your nervous system. Your brain receives sensory stimulation when you move your body. Add awareness and focus to the way your body feels as you move. Take your time releasing micro-trauma. Healing from trauma takes time. Adopting new ways of relating will require experimentation and practice.

The benefits, however, are great: "Understanding micro-traumatic patterns can help a person reduce troubled feelings, stop damaging behaviors, and in so doing, greatly improve his or her emotional development."

#### IV. CONCLUSION

There are several types of microtraumas, including microtearing of muscle fibres and connective tissue, as well as stress to tendons and bones. It is unknown whether ligaments adapt in this manner. As a result of increased lubrication in response to microtrauma to the bowels, dietary fibre can increase bowel robustness, though it differs from muscular hypertrophy in this regard. It is suggested that microtrauma to the skin – such as compression, impact, and abrasion – may lead to an increase in its thickness. This could be due to a rapid replication of skin cells where they are put under stress and slough off or are compressed and abraded. Microtears to muscle fibres through intense exercise can also be beneficial; this form of microtrauma has been practised in weight training with the aim of stimulating stronger muscles, ligaments, and tendons while repairing. However, it remains unknown if this technique is as advantageous as originally presumed. It is important to factor in sufficient healing time so as not to overload the body.

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