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Autonomic Rehabilitation adapting to change

Adapting to environmental change or personal health change is not through maintaining autonomic balance for resilience, but rather understanding homeostasis is comprised of 2 autonomic levers in dynamic equilibrium prepared to adapt. Injury, poor health, and fear ruminations leading to persistent sympathetic activation fosters and cognitive inflexibility, increasing stickiness and reducing adaptability and health further. Focused breathing with heart rate variability biofeedback is the most pragmatic foundation for beginning a process cognitive and autonomic flexibility to improve for better adaptation. The emergence of medical use of wearable technology will foster paradigm shifts in the understanding of emotion such as energy is finite and emotions are energy tools. The emergence of heart rate variability wearable technology will serve as a practical whole health biomarker of autonomic health for population health.

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Biography

Raouf S Gharbo is Clinical Associate Faculty at Virginia Commonwealth University (VCU) Department of Physical Medicine & Rehabilitation (PMR) where he serves as Director of Autonomic Rehabilitation and subject matter expert for the National Military and Veterans Administration concussion research consortium. In 2023, he represented VCU at Senator Tim Kaine's AHRQ supported Long COVID roundtable. He has authored publications in Neuromuscular Electrophysiology and defined a novel approach for Autonomic Rehabilitation: Adapting to Change in 2020 for a wide array of medical disorders and for athletic, performance and healthcare burnout.

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