

May Article Social Media Tiles

Tiles

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Posts

Post 1

❖ Close your eyes and hold your hand out. Open and close it. Did you know how to move your hand? Could you feel it opening and closing? Now, imagine if this simple movement didn't work properly. If we couldn't position our body in space, life would be pretty challenging!

This awareness of where our body is in space is called proprioception. It's often referred to as our sixth sense.

Chiropractic care can improve this ability, enhancing your balance, reducing fall risks, and boosting physical performance 

#chiropracticcare #betterbalance #healthyliving #proprioception #neurology
#chiropractic

Ref: Haavik-Taylor, H. &. (2010, May). The effects of spinal manipulation on central integration of dual somatosensory input observed after motor training: a crossover study. *Journal of Manipulative and Physiological Therapeutics*, 33(4):261-72. Retrieved from PubMed: <https://pubmed.ncbi.nlm.nih.gov/20534312/>

Post 2

❖ Did you know? Studies show that chiropractic adjustments can enhance coordination and spatial awareness!  Participants with past neck issues improved their arm movement precision after adjustments. Unlock your body's full potential with chiropractic care!  #ChiropracticCare #Health #Wellness #Balance

Ref: Haavik, H. M. (2011). Subclinical neck pain and the effects of cervical manipulation on elbow joint position sense. *Journal of Manipulation ad Physiological Therapeutics*, 34(2):88-97.