

Is your dancing out of step with the stresses of your day?



Your chiropractor can help you perform your best

Chiropractic is excellent in caring for musculoskeletal conditions that may arise from aspects of your day-to-day routine that may impact your dancing. Such impairments may prevent you from being the dancer you want to be — while potentially leading to injury.

Problems of this type can occur when the bones of the spine misalign and become stuck; this puts undue pressure on the nerves feeding the rest of your body.

Chiropractic is an extremely safe option with an excellent reputation for safety. Dr Heidi Haavik-Taylor, award-winning researcher of chiropractic adjustment explains:

'The process of a spinal adjustment is like rebooting a computer. The signals that these adjustments send to the brain, via the nervous system, reset muscle behaviour patterns. By stimulating the nervous system we can improve the function of the whole body.'^{1,2}

It's a matter of record that chiropractic is extremely safe. Chiropractors are highly qualified health professionals who have completed a 5 year university degree and continue to update their knowledge through further education.

If you suffer from a physical impairment through dance or lifestyle issues, or simply want to reach your potential, it's time to discover how much help your chiropractor can offer.

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1. <http://www.scoop.co.nz/stories/GE0711/S00116.htm2>.

2. Taylor HH, Murphy B. (2008) Altered sensorimotor integration with cervical spine manipulation. J Manipulative Physiol Ther. 2008 Feb;31 (2):115-26.