

Some people need  
to be *flexible*  
as part of their  
lifestyle  
choices

Juggled office  
work with a  
parent-teacher  
interview

Rushed to  
dance-class  
from  
an all day  
meeting



## CHIROPRACTIC IS EXCELLENT IN CARING FOR MUSCULOSKELETAL CONDITIONS AND ENABLING DANCERS TO ACHIEVE PEAK PERFORMANCE

The primary focus of chiropractic is the location, correction and prevention of impairments to the nervous system. These impairments occur when the bones of the spine misalign and get stuck, putting unnecessary pressure on the nerves feeding the rest of the body.

In other words, your day-to-day routine can create spinal misalignments that may impact your dancing - and can not only prevent you from being the best dancer you can be, but potentially even lead to risk of injury.

Award-winning Auckland researcher Dr Heidi Haavik-Taylor, who has spent years researching the effects of chiropractic adjustment on the nervous system, has said

*“ 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. ”*<sup>1,2</sup>

Chiropractic is extremely safe and has an excellent safety record. Chiropractors use spinal adjustments to correct impairments to improve nervous system functioning, thereby increasing overall performance. Chiropractors are highly trained and registered professionals. In Australia, chiropractic training involves a five-year, University degree, as well as ongoing continuing professional development to keep their skills current and stay up-to-date with the latest scientific research.

Each week, there are approximately 200,000 visits to Australian chiropractors for a broad range of reasons. So if you want to reach your peak potential, discover why **there's so much more to chiropractic.**

*Is your daily  
routine  
affecting  
your dance  
routine?*

**healthy spine, healthier life**



Chiropractors' Association of Australia

[www.chiropractors.asn.au](http://www.chiropractors.asn.au)

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

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

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