



Chiropractic First Foundational Care

Module Two:

Proprioception: subconscious information that tells your body about the position of your body, specifically your joints.

The better your proprioception is the better you will heal. You will be more aware of your body and yourself.

People who have decreased proprioception have increased levels of pain.

People with Parkinsons and other degenerative diseases have decreased proprioception.

Exercises:

- 1) Stand on one foot while brushing teeth or doing dishes
Advanced—close your eyes while on one foot
- 2) Stand on a wobble board or BOSU board while lifting free weights with your arms
Advanced—Do squats on the BOSU or wobble board
IF you don't have any equipment, do this on your couch or your bed
- 3) External Environments—see videos
Walk on the grass with no shoes
Climb on large rocks using hands and feet to balance