

made 2 move chiropractic wellness

Made 2 Move Chiropractic & Wellness: Your Journey to a Healthier, Happier You

Are you tired of living with nagging aches, persistent stiffness, or that constant feeling of being "off"? Do you yearn for the energy and vitality you once had? At Made 2 Move Chiropractic & Wellness, we believe everyone deserves to move freely and feel fantastic. This comprehensive guide dives deep into what we offer, explaining our philosophy, services, and how we can help you achieve your wellness goals. We'll explore the benefits of chiropractic care, the importance of holistic wellness, and how our unique approach sets us apart. Get ready to discover how Made 2 Move can help you unlock your body's natural healing potential and rediscover the joy of movement.

Understanding the Made 2 Move Approach to Chiropractic & Wellness

Our philosophy at Made 2 Move Chiropractic & Wellness goes beyond simply treating symptoms. We believe in a holistic approach, recognizing the interconnectedness of your physical, mental, and emotional well-being. We take the time to understand your individual needs, lifestyle, and health history to create a personalized treatment plan tailored just for you. This isn't a one-size-fits-all approach; it's about partnering with you to achieve lasting results.

We utilize a variety of techniques, including:

Chiropractic Adjustments: Gentle, precise adjustments to restore proper spinal alignment and reduce pain. We utilize a variety of techniques to suit individual needs and preferences, ensuring comfort and effectiveness.

Massage Therapy: Relieves muscle tension, improves circulation, and promotes relaxation. Our skilled massage therapists use various modalities to address specific needs, from deep tissue to Swedish massage.

Rehabilitative Exercises: Tailored exercises to strengthen muscles, improve flexibility, and enhance overall body mechanics. We teach you exercises you can perform at home to maintain your progress and prevent future issues.

Nutritional Counseling: Guidance on optimizing your diet to support your overall health and well-being. We help you make informed choices about your nutrition to complement your chiropractic care.

Lifestyle Coaching: Support and guidance to help you adopt healthier habits and make sustainable lifestyle changes. This may include stress management techniques, sleep hygiene improvement, and ergonomic assessments.

Addressing Common Conditions Treated at Made 2 Move

Made 2 Move Chiropractic & Wellness effectively addresses a wide range of conditions, including:

Back Pain: From acute injuries to chronic conditions, we provide effective relief and long-term solutions for back pain.

Neck Pain: We address neck pain stemming from poor posture, injuries, or stress, promoting improved mobility and reduced discomfort.

Headaches & Migraines: We explore the underlying causes of headaches and migraines, often finding relief through chiropractic adjustments and lifestyle modifications.

Sciatica: We utilize specialized techniques to alleviate sciatic nerve pain and improve function.

Arthritis: We help manage the pain and stiffness associated with arthritis through a combination of therapies.

Sports Injuries: We assist athletes in recovering from sports-related injuries and optimizing their performance.

Postural Problems: We identify and correct postural imbalances to prevent pain and improve overall well-being.

Workplace Injuries: We help individuals recover from workplace injuries and prevent future occurrences through ergonomic assessments and treatment.

The Benefits of Choosing Made 2 Move Chiropractic & Wellness

Choosing Made 2 Move offers numerous advantages:

Personalized Care: We focus on understanding your unique needs and creating a customized treatment plan.

Holistic Approach: We address your overall well-being, not just your symptoms.

Experienced Professionals: Our team consists of highly skilled and compassionate practitioners.

Comfortable Environment: We strive to create a relaxing and welcoming atmosphere.

Convenient Location: [Insert your location details here, making it easy for potential clients to find you.]

Advanced Technology: We utilize the latest technology and techniques to ensure the most effective treatment.

Focus on Prevention: We empower you to take control of your health and prevent future problems.

Beyond Chiropractic: Embracing a Holistic Wellness Lifestyle

At Made 2 Move, we believe that true wellness extends beyond chiropractic care. We encourage our patients to adopt a holistic lifestyle that encompasses healthy eating, regular exercise, stress management, and sufficient sleep. By incorporating these elements into your daily routine, you can significantly improve your overall health and well-being. We provide resources and support to help you integrate these practices into your life, leading to sustainable, long-term results.

Taking the First Step Towards a Healthier You

If you're ready to experience the transformative power of Made 2 Move Chiropractic & Wellness, we encourage you to schedule a consultation today. During your initial appointment, we'll discuss your health history, assess your condition, and create a personalized plan to guide you on your path to optimal health. Don't wait any longer to reclaim your vitality and enjoy a life free from pain and limitations. Contact us now and let's begin your journey to a healthier, happier you.

Conclusion:

Made 2 Move Chiropractic & Wellness is more than just a clinic; it's a partnership dedicated to helping you achieve your wellness goals. Our holistic approach, combined with personalized care and a commitment to excellence, makes us the ideal choice for anyone seeking lasting relief and improved quality of life. Take control of your health and embark on your journey to a healthier, happier you with Made 2 Move.

FAQs:

1. Do I need a referral to see a chiropractor at Made 2 Move? No, a referral is generally not required to schedule an appointment. You can contact us directly to schedule a consultation.
1. What insurance plans do you accept? We accept [List insurance plans accepted here]. Please contact us to verify your coverage.
1. What should I expect during my first appointment? Your first appointment will include a thorough health history review, a physical examination, and a discussion of your treatment options.
1. How long will my treatment plan last? The duration of your treatment plan will vary depending on your individual needs and condition. We will discuss a realistic timeline during your initial consultation.
1. What if I experience discomfort during an adjustment? Our chiropractors are highly skilled and use gentle techniques. However, some mild discomfort is possible. We will always prioritize your comfort and adjust our techniques accordingly.

made 2 move chiropractic wellness: Technic and Practice of Chiropractic Joy Maxwell Loban, 2021-05-19 This is a medical study, focusing on the human spine and neurology. This book believes that the vertebral body palpation part should be step by step, and each step of learning and practice should be combined. Similarly, with regard to neural tracking, theory precedes practice. Research on adjustment techniques should be carried out within a few months before the actual adjustment practice begins and continue during this period.

made 2 move chiropractic wellness: How to Incorporate Wellness Coaching into Your

Therapeutic Practice Laurel Alexander, 2011-08-15 Wellness coaching is an emerging and vibrant area of healthcare. It takes healing beyond the curing of symptoms and empowers clients to take their health back into their own hands. This book provides therapists with the knowledge and skills to rejuvenate their therapeutic practice by incorporating wellness coaching techniques into their range of services. Laurel Alexander redefines wellness as an integrated lifestyle and mindset process and shows that wellness coaching can be a profound and practical way to help clients make meaningful changes to their health and outlook. The book offers a wellness coaching toolbox, explaining key skills such as how to create an organic personal wellness plan, how to build client rapport and give constructive feedback, and how to apply different coaching models effectively. Practical steps and examples make it easy for any therapist or counsellor to pick up the reins of wellness coaching for themselves. Exciting new developments such as wellness diagnostic services, preventative healthcare, customised treatments and DIY healthcare are explored. With shrewd advice and useful insights, this book is an essential resource for complementary therapists and counsellors looking to update their existing practice and tap into the rapidly expanding wellness market.

made 2 move chiropractic wellness: Chiropractic, Health Promotion, and Wellness

Meridel I. Gatterman, 2007 Chiropractors have traditionally counseled patients on health promotion and wellness. Chiropractic, Health Promotion, and Wellness offers patients a better understanding of the chiropractor's important role, with practical questions and authoritative answers across a range of topics, including nutrition, exercise, and health behaviors. The doctor of chiropractic as a wellness provider promotes not just spinal health but a comprehensive model of health and wellness. A must-have resource for anyone contemplating chiropractic are or already undergoing treatment!

made 2 move chiropractic wellness: Nurturing Massage for Pregnancy: A Practical Guide to Bodywork for the Perinatal Cycle Enhanced Edition Leslie Stager, 2020-06-30 Nurturing Massage for Pregnancy is one of the most comprehensive books available for massage students and licensed massage therapists who treat pregnant, laboring, and postpartum clients. The author is a highly skilled perinatal massage instructor who is also a registered nurse, childbirth educator, and doula.

made 2 move chiropractic wellness: Quest , 1998

made 2 move chiropractic wellness: Living the Chiropractic Way - The Complete Lifetime Wellness Guide Brad Burke, 2005-12

made 2 move chiropractic wellness: Awaken Your Magic Dr. Cathy Lomartra, 2007-11-20 Every woman's guide to timeless wisdom and modern science to help you discover how to: Awaken to your natural power, energy, wisdom and healing to attract love, health, wealth, and happiness. Transform yourself into the radiant, contented, self-assured person you are born to be. Carry with you only the most positive and uplifting thoughts that will attract to you the same in experience. Create magical days with your words as your wand to bring in all that you wish for. Access your personal support staff who surround you, always joyful to assist you in any matter at all times. Let go and enjoy your life's new ease and peace. Use the secret key already in your possession and unlock your soul's treasure chest for a life to enjoy. Artistically create the grandest masterpiece of all-- your life. ...and much more!

made 2 move chiropractic wellness: CranioSacral Therapy: Touchstone for Natural Healing John E. Upledger, 2001-05-31 In CranioSacral Therapy: Touchstone for Natural Healing, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb's palsy, a woman with a fifteen-year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

made 2 move chiropractic wellness: Health Promotion and Wellness Cheryl Hawk, Will Evans, 2013-03-20 Health Promotion and Wellness, is designed to provide chiropractors with both the theoretical knowledge and practical skills they need to provide high-quality clinical preventive services. This resource is separated into two parts: one section covering theory, the other section

covering practical applications. The book is strongly evidence-based and is designed to ensure that chiropractors use consistent terminology and documentation methods, therefore promoting their credibility and ability to integrate into the healthcare system.--Publisher's website.

made 2 move chiropractic wellness: Uncivilized Vitality Jon Morey, 2021-10-31 To provide underserved and other populations in need with the unique benefits of outdoor experiences and life lessons from living in Nature.

made 2 move chiropractic wellness: Fertility, Pregnancy, and Wellness Diana Vaamonde, Anthony C. Hackney, Juan Manuel Garcia-Manso, 2022-02-09 Fertility, Pregnancy, and Wellness is designed to bridge science and a more holistic approach to health and wellness, in particular, dealing with female-male fertility and the gestational process. Couples seeking to solve fertility issues for different reasons, whether failed assisted reproductive techniques or the emotional impact they entail, economic or moral reasons, are demanding more natural ways of improving fertility. This book explores the shift in paradigm from just using medications which, in the reproductive field, can be very expensive and not accessible to the entire population, to using lifestyle modifications and emotional support as adjunctive medicine therapies. This must-have reference brings together the current knowledge - highlighting the gaps - and delivers an important resource for various specialists and practitioners. - Offers insights from scientific and holistic methods, providing the available scientific evidence for (or against) different holistic approaches, aimed at improving fertility, health and wellness - Bridges the more 'peripheral', yet critical and multidisciplinary, considerations in fertility, infertility, pregnancy and wellness - Includes clear, concise and meaningful summary conclusion sections within each chapter

made 2 move chiropractic wellness: The Wellness Approach Jonathan B. Spages, 2011-01-01 Dr. Spages has seen more than 9,000 patients, who with his help have reversed incurable conditions and avoided surgery. The Wellness Approach goes on to explain how this happens and shares with the audience a sensible way to get the same results.

made 2 move chiropractic wellness: Unbreak Your Health Alan E. Smith, 2007-01-01 Smiths complete guide presents proven healing techniques from 5,000 years ago to the most modern innovations. With more than 300 listings in 135 categories, it is one of the most complete books ever published on complementary and alternative therapies.

made 2 move chiropractic wellness: Be Present in All Things, and Thankful for All Things Maya Angelou, Nico Neruda, 2019-03-16 You'll love this Maya Angelou Gratitude Journal! It's extremely simple to start: simply write down the things you are grateful for on a daily basis. Stop what you're doing and take 15 to 20 minutes to reflect on your day. If this is your first gratitude journal, it's okay. Check out pages 2 and 3 of the interior to see what made Maya Angelou feel grateful. Journal filled with beautiful and uplifting quotes from Maya Angelou on every page. Take time to revisit your favourite quotes. Why a Gratitude Journal? Gives you a new perspective on what is important to you and what you truly appreciate in your life. Helps you feel calmer and lowers your stress levels. By noting what you are grateful for, you can gain clarity on what you want to have more of in your life, and what you can do without. Helps you learn more about yourself and become more self-aware. TIP: On days when you feel blue, you can read through your gratitude journal to readjust your attitude and remember all the good things in your life.

made 2 move chiropractic wellness: The Medicare Handbook, 1988

made 2 move chiropractic wellness: Official Gazette of the United States Patent and Trademark Office, 2001

made 2 move chiropractic wellness: To Heal a Nation Jeffrey Trigo, D.C., 2020-09-29 Have you ever wondered why our great nation is full of sickness and disease? Within the contents of this book you will find the answers that will bring about a much needed transformation to our broken health care system while obtaining true wellness within your own household. You will be inspired and challenged. One of the greatest goal setting tools I've ever seen is within the contents of this book for you personal growth. This goal setting tool will help you to learn what bring you the most satisfaction and joy while helping you identify your purpose in life. Learn about proper nutrition,

exercise and other fundamentals that are absolutely paramount for wellness success and learn what toxic substances may be sabotaging your health. God doesn't make junk and we should be moving toward the 120-year lifespan that was promised in the Bible for the post flood man. Read, learn, apply, and enjoy the wellness journey that is described for you in the contents of this book. www.TrigoChiropractic.Com Follow me on Instagram: drjefftrigodc Facebook: Trigo Chiropractic- Dr Jeff Trigo D.C.

made 2 move chiropractic wellness: The Complete Guide to Holistic Wellness Ilyas Gokalp, The purpose of this ebook is to provide comprehensive information and guidance on achieving optimal health and wellbeing through a holistic approach. Holistic wellness considers the whole person, including their physical, emotional, mental, social, and spiritual aspects, and emphasizes the interconnectedness between them. The guide may cover a range of topics related to holistic wellness, such as nutrition, exercise, stress management, mindfulness, meditation, natural remedies, alternative therapies, and more. The purpose of the guide is to empower individuals to take control of their health and make informed decisions about their wellness by providing them with knowledge, tools, and resources. Ultimately, the goal of the book is to help people achieve balance, harmony, and vitality in their lives, and to promote overall health and wellbeing in a way that is sustainable, natural, and empowering.

made 2 move chiropractic wellness: The Rotarian, 1985-11 Established in 1911, The Rotarian is the official magazine of Rotary International and is circulated worldwide. Each issue contains feature articles, columns, and departments about, or of interest to, Rotarians. Seventeen Nobel Prize winners and 19 Pulitzer Prize winners – from Mahatma Ghandi to Kurt Vonnegut Jr. – have written for the magazine.

made 2 move chiropractic wellness: The 4 Pillars of Health Benjamin David Page, 2017-03-02 Health has been made too complex! That is why I am writing this book. I want to help you understand four basic concepts of health - that is it! If you live a lifestyle that involves these four basic concepts holistically, you will find true health and well-being. To find true health we first have to have a plan that shows us how to find it. That plan is right here, in this book! With a plan, we can reach our destination. Without it, we are lost. If you are reading this, I know you are looking for more energy for less pain you are looking to reach your health potencial and that you are willing to change so you can actually experience it! Our ancestors lived their lives applying these pillars to their lifestyles without even knowing, and lived full, healthy lives. By reading this book you will be able to accomplish the same. You will have the energy and health to live a full and healthy life! Don't miss out on this opportunity to maximize your health. Scroll to the top of this page and buy now! Be the person other people look to as an example. Be that example!

made 2 move chiropractic wellness: Treat Your Own Shoulder Robin McKenzie, Grant Watson, Robert Lindsay, 2018

made 2 move chiropractic wellness: NASM Essentials of Corrective Exercise Training Micheal Clark, Scott Lucett, National Academy of Sports Medicine, 2010-09-21 NASM Essentials of Corrective Exercise Training introduces the health and fitness professional to NASM's proprietary Corrective Exercise Continuum, a system of training that uses corrective exercise strategies to help improve muscle imbalances and movement efficiency to decrease the risk of injury. This textbook includes several new chapters that were not included in NASM's previous corrective exercise materials, including the rationale for corrective exercise training, assessments of health risk, static postural assessments, range of motion assessments, and strength assessments (manual muscle testing) as well as corrective exercise strategies for the cervical spine, elbow, and wrist. There are more than 100 corrective exercise techniques in the categories of self-myofascial release, static stretching, neuromuscular stretching, isolated strength training, positional isometrics, and integrated dynamic movements included in the text. These, along with corrective exercise strategies for common movement impairments seen in each segment of the body, make this text the premier resource for learning and applying NASM's systematic approach to corrective exercise training.

made 2 move chiropractic wellness: New Religions [2 volumes] Eugene V. Gallagher,

Lydia Willsky-Ciollo, 2021-02-15 A valuable resource for students and general audiences, this book provides a unique global perspective on the history, beliefs, and practices of emergent faith communities; new religious traditions; and religious movements worldwide, from the 19th century to the present. *New Religions: Emerging Faiths and Religious Cultures in the Modern World* provides insightful global perspectives on the emergent faith communities and new traditions and movements of the last two centuries. Readers will gain access to the information necessary to explore the significance, complexities, and challenges that modern religious traditions have faced throughout their history and that continue to impact society today. The work identifies the themes and issues that have often brought new religions into conflict with the larger societies of which they are a part. Coverage includes new religious groups that emerged in America, such as the Seventh-day Adventists, the Latter-day Saints, and the Jehovah's Witnesses; alternative communities around the globe that emerged from the major Western and Eastern traditions, such as Aum Shinrikyo and Al-Qaeda; and marginalized groups that came to a sudden end, such as the Peoples Temple, Heaven's Gate, and the Branch Davidians. The entries highlight thematic and broader issues that run across the individual religious traditions, and will also help students analyze and assess the common difficulties faced by emergent religious communities.

made 2 move chiropractic wellness: Careers in Chiropractic Health Care Cheryl Hawk, 2017-03-09 This book provides potential students of a chiropractic career path, as well as other health care practitioners, with vital information regarding the training required to enter the chiropractic field and the roles of chiropractors in modern health care. Chiropractic is the second largest physician-level health profession in the United States, with chiropractors providing care to at least 20 million patients annually. As chiropractic health care has been proven to be both effective and cost effective for many musculoskeletal conditions, particularly back pain, the inclusion of Doctors of Chiropractic (DCs) in a variety of health care settings is likely to continue to increase. Surprisingly, there is little readily accessible information on chiropractic as a career path. This book provides concise yet comprehensive information about career paths, training, and professional roles in chiropractic for students considering chiropractic as well as health care practitioners in the field. Written in an easy-to-read style, *Careers in Chiropractic Health Care: Exploring a Growing Field* serves students, those in non-chiropractic health fields, and general readers considering chiropractic as a career change option. The chapters explain the training and specific licensure requirements for chiropractors in all 50 U.S. states and provide information useful to health care professionals for referrals and management of patients using chiropractic care.

made 2 move chiropractic wellness: Somatics Thomas Hanna, 2004-08-04 When our bodies start to feel stiff, sore, or tired, we often say that we're getting old. But is that really the problem? In this groundbreaking work, Thomas Hanna shows that much of the physical decline associated with aging is not inevitable but avoidable. Building on the work of Moshe Feldenkrais, Hanna's practical program for the mind and body proves once and for all that problems you've always thought of as the symptoms of age--stiffness, bad back, chronic pain, fatigue, and, at times, even high blood pressure--need never occur if you maintain conscious control of your nerves and muscles. He shows how the body can turn a habitual action into an involuntary, destructive pattern called sensory-motor amnesia, and demonstrates a simple but effective method for conquering these habits with sensory-motor awareness. With only a five-minute routine once a day, you can maintain the pleasures of a limber, healthy body indefinitely and escape the confines of age or injury. Practical and easy to use, *Somatics* is the essential guide to reversing the physical effects of aging--or staving them off before they even begin.

made 2 move chiropractic wellness: Moore's Federal Practice , 1997

made 2 move chiropractic wellness: Health and Wellness Tourism Melanie K. Smith, László Puczkó, 2009 *Health and Wellness Tourism* takes an innovative look at this rapidly growing sector of today's thriving tourism industry. This book examines the range of motivations that drive this diverse sector of tourists, the products that are being developed to meet their needs and the management implications of these developments. A wide range of international case studies

illustrate the multiple aspects of the industry and new and emerging trends including spas, medical wellness, life-coaching, meditation, festivals, pilgrimage and yoga retreats. The authors also evaluate marketing and promotional strategies and assess operational and management issues in the context of health and wellness tourism. This text includes a number of features to reinforce theory for advanced students of hospitality, leisure and tourism and related disciplines.

made 2 move chiropractic wellness: *The Spinechecker's Manifesto: Drug-Free Secrets to Pain-Free Living, More Energy, Anti-Aging, & Better Sleep* JEREMY BROOK, 2009-09-22 Integrative approach to achieving optimal health through using chiropractic care, yoga practice, and ancient concepts of life force to revitalize the body.

made 2 move chiropractic wellness: The Academy Papers American Academy of Kinesiology and Physical Education. Meeting, 1998-05

made 2 move chiropractic wellness: The Chiropractic Theories Robert A. Leach, 2004 Designed to be a primary reference for chiropractic students, this is a concise, scientific survey of chiropractic theories based on current research. Completely restructured for the Fourth Edition, this book focuses on the most current biomedical research on the three phase model of vertebral subluxation complex (V.S.C.). This is a useful reference for students studying for the National Board of Chiropractors Examination Parts II, III, and IV, as well as a post-graduate reference providing information on the chiropractic perspective on health and wellness, nutrition, exercise, psychosocial issues, and case management principles for wellness care. This new text focuses on developing critical thinking among chiropractic students, and includes new contributors and new chapters on principles of statistics and a minimum process for validation of chiropractic theory.

made 2 move chiropractic wellness: Wellness Counseling Paul F Granello, 2013-04-09 This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Developed by a professor who has been teaching a popular and innovative wellness counseling course for over a decade, this new text is organized into a format specifically designed to meet the needs of both counselor education graduate students and their teachers — making both teaching and learning the material easier and more intuitive. Giving a general but comprehensive overview of the subject of wellness, Wellness Counseling offers students a compelling balance of the science and research in the field, the theories that have emerged from this research, and the practical applications that we can take away from practicing these theories. Holistic, scientific, and ultimately concerned with the humanity of counseling, this text strives to be inclusive — especially of the psychological and social aspects of wellness that have gained more attention in recent years. The book is organized in three main sections. While Section One is concerned with the background of wellness as a healthcare paradigm in the United States and major theories of wellness, and historical context for wellness, Section Two contains specific information on the social, physical, emotional, and cognitive domains of wellness. The last main section of the book synthesizes the first two sections of the book to extract practical applications of wellness in behavioral healthcare intervention counseling.

made 2 move chiropractic wellness: Anatomy Trains E-Book Thomas W. Myers, 2020-03-19 Get a multi-dimensional understanding of musculoskeletal anatomy with Anatomy Trains: Myofascial Meridians for Manual Therapists & Movement Professionals, 4th Edition. This hugely successful, one-of-a-kind title continues to center on the application of anatomy trains across a variety of clinical assessment and treatment approaches — demonstrating how painful problems in one area of the body can be linked to a silent area away from the problem, and ultimately giving rise to new treatment strategies. This edition has been fully updated with the latest evidence-based research and includes new coverage of anatomy trains in motion using Pilates-evolved movement, anatomy trains in horses and dogs, and the updated fascial compendium on elements, properties, neurology, and origins of the fascial system. It also offers a new, larger library of videos, including animations and webinars with the author. In all, this unique exploration of the role of fascial in healthy movement and postural distortion is an essential read for physical therapists, massage therapists, craniosacral therapists, yoga instructors, osteopathologists, manual therapists, athletic and personal

trainers, dance instructors, chiropractors, acupuncturists, and any professional working in the field of movement. - Revolutionary approach to the study of human anatomy provides a holistic map of myoanatomy to help improve the outcomes of physical therapies that are traditionally used to manage pain and other musculoskeletal disorders. - Relevant theory descriptions are applied to all common types of movement, posture analysis, and physical treatment modalities. - Intuitive content organization allows students to reference the concept quickly or gain a more detailed understanding of any given area according to need. - Section on myofascial force transmission in gait dynamics is written by guest author James Earls. - Robust appendices discuss the relevance of the Anatomy Trains concept to the work of Dr Louis Schultz (Meridians of Latitude), Ida Rolf (Structural Integration), and correspondences with acupuncture meridians. - New photos and images of fascial tissues, adhesions, and layers provide a better understanding of text content. - Revised and expanded content reflects the most up-to-date research and latest evidence for the scientific basis of common clinical findings. - New, larger library of videos includes animations and webinars with the author. - New Anatomy Trains in Motion section by guest author Karin Gurtner uses Pilates-evolved movement to explore strength and plasticity along myofascial meridians. - New addition: Anatomy Trains in Quadrupeds (horses and dogs) is mapped for equine and pet therapies by Rikke Schultz, DVM, Tove Due, DVM, and Vibeke Elbrønd, DVM, PhD. - New appendix: Updated fascial compendium on elements, properties, neurology, and origins of the fascial system. - NEW! enhanced eBook version is included with print purchase, which allows students to access all of the text, figures, and references from the book on a variety of devices.

made 2 move chiropractic wellness: *How to Eat, Move, and Be Healthy! (2nd Edition)* Paul Chek, 2018-07 This book provides the structure of a four-step program for creating a healthier lifestyle including developing a unique eating plan and a personalized exercise program.

made 2 move chiropractic wellness: *The Naked CEO* Alex Malley, 2014-09-17 The Naked CEO's guide to achieving your dream, starting now From suspended schoolboy to disruptive CEO, Alex Malley, The Naked CEO, has led a life rich in successes and mistakes. Through it all he has learned a lot about what it takes to successfully build not only a big career, but also a big life. Gain insights from a successful CEO who's lived a big life. Be inspired by his unabashed real-life stories. Learn how to dream big and have the courage to pursue your passions and be willing to fail in that quest. Take the practical tips and apply them to your own career. Whether you're a student, jobseeker, professional, new to the workforce or just stuck in a rut, this book is your guide through the hurdles of the career journey to a big life. As a father of seven, Alex knows that this is the perfect book for parents or mentors looking to inspire the next generation. Career-readiness is a skill that people need. It can be learned the hard way, after years on the job and many potentially serious missteps, or it can be learned ahead of time by listening to those who have been there. The Naked CEO helps graduates, jobseekers, and professionals learn the lessons and limit their mistakes. Learn how to: Become a leader Successfully stand out and get noticed Harness the power of being yourself Network and create a profile Establish rapport with colleagues and turn around an under-performing team Get organised, spot opportunities, and learn how to say no Set priorities, build confidence, learn how to delegate, and more The Naked CEO is the truth you need to build a big life.

made 2 move chiropractic wellness: *Strengthen Your Back* DK, 2013-10-21 Strengthen Your Back covers all practical aspects of back care from diagnosis and treatment to exercises and pain relief. Illustrated step-by-step exercises help you address your back and neck pain, alongside carefully planned strategies to stop injuries recurring. Simple, clear diagrams show the anatomy of your back and neck and specialized sections deal with back pain in specific scenarios such as home, work, driving and gardening. Includes advice on where to seek help and how to get the best results from rehabilitation. Play an active role in your healthcare with Strengthen Your Back!

made 2 move chiropractic wellness: *Rehabilitation of the Spine: a Patient-Centered Approach* Craig Liebenson, 2019-09-02 Presents a practical overview of spinal rehabilitation combining McKenzie, Janda, Contract-Relax and Stabilization approaches into one common

treatment protocol.

made 2 move chiropractic wellness: The Moment That Defines Your Life Chuck Garcia, 2024-02-06 Discover the life-changing power of emotional intelligence and stoicism through captivating stories of individuals who overcame adversity, learned crucial lessons from life-defining moments, and rose to personal and professional heights. When reflecting on your life, did it go as planned? On the receiving end of bad, sad, or tragic news, do you control your temper, or does it control you? What tools do you rely on to overcome life's most pressing challenges when your career, family, and life are on the line? The Moment instructs, inspires, and ignites positive behavioral change to successfully address life's most trying circumstances. Filled with potent and practical calls to action, this book tells the story of ten people who developed the courage and conviction to overcome life's most frightening events and share their extraordinary stories of transformation. From their life-changing moments, you'll learn how to integrate principles of the classic philosophy of stoicism with the modern practices of emotional intelligence to sustain positive and lasting change. Discover how obstacles and struggles in people's lives are remarkably similar—people from all walks of life and a variety of professions. As you relate to their narratives, you will learn how to manage your emotions more effectively by integrating two powerful approaches to life's most impactful moments. From philosophy to social science, you'll uncover and examine the evidence, relevance, and results that come from shifting your mindset as you turn tragedy into triumph. Finally, you will develop a blueprint to understand and cultivate the tools needed to significantly improve self-awareness, empathy, and leadership skills that apply to your career, family, and life.

made 2 move chiropractic wellness: Better! Jason Piken, 2017-01-17 Do you ever simply think life should be better? Are you feeling the long term impact of many years of stress? Maybe your joints are starting to bother you, or you are having digestive issues, or trouble sleeping, or you can't seem to lose weight and have that body you always wanted. It's taking you longer to bounce back after an illness and in general, you just wish there was a guide to making everything better. In *Better! 11 Simple Habits to Improve Your Life*, Dr. Jason Piken shows you how to make simple and straightforward changes to your lifestyle that will have the biggest impact on your health and overall happiness. The Personal Report Card (PRC) is a powerful tool Dr. Piken uses with his patients to assess diet, supplementation, exercise, sleep, hydration and 6 other key areas so you can finally start to feel better.

made 2 move chiropractic wellness: Well Adjusted Babies Jennifer Barham-Floreani, 2005 When it comes to quality parenting advice and support, Dr Jennifer's Well Adjusted website is the resource for couples and families.

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