

On The Move Chiropractic

An In-Office & Mobile Chiropractic Service

Do you ever wonder if your spine and nervous system is in good shape?

If so, try the following Self Tests to find out *OR* call Dr. Jill Freitas at On the Move Chiropractic at (916) 985-3075 for a consultation!

Posture Self-Test

1. Stand up straight in front of a full length mirror, close your eyes...keep em' closed for several seconds.
2. Breath deep 3 times, keeping your chin level.
3. Open your eyes!
4. Is your head turned or tilted to one side?
5. Are your shoulders level?
6. Are your hips twisted or uneven?
7. Do your knees bend in?
8. Do your feet flare inward or outward?

These are all indicators of spinal stress and nervous system imbalance.

The "I" Test

1. Check someone else!
2. Stand behind a friend. Can you see the letter "I"? When the spine is straight it looks like the capital letter "I" with the shoulders and the hips forming the top and bottom of the letter.
3. If the "I" is tilted, twisted, crooked, or contorted in any way then spinal misalignment is present.

Chiropractic care can help restore normal spinal curves, improve brain-body communication, and prevent damaging spinal changes and nervous system "burn-out."

Range of Motion Test

1. Gently, try bending your head to the side bringing your ear to your shoulder. First the right side, then the left. Does it bend equally side to side?
2. Next, turn your chin toward your shoulder. First the right, then the left. Does it turn the same side to side?

Lack of motion or restriction of a joint may lead to unnecessary degenerative changes, like Osteoarthritis.

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Nervous System Balancing Challenge

Have you ever heard the phrase, “use it or lose it”?
The next exercise measures the integrity of the brain-body communication system.

1. First, stand firmly with both feet on the ground.
2. Look straight ahead and lift your knee as to balance on one leg.
3. Try the other leg.
4. Repeat the exercise with your eyes closed!
5. Rate your instability as mild, moderate, or severe.

Mild = Slight swaying, but stays balanced on one leg
Moderate = Moderate swaying, difficulty holding leg up.
Severe = Unable to hold leg up without falling over.

Joint subluxations in the feet, knees, and the spine interfere with the body’s ability to relay information and balance itself.

Now, if any of this worries you or you think you may have some issues; please do yourself a favor and call Dr. Jill for a consultation to find out for sure.

We can see you in our office or in yours (home or office)!

(916) 985-3075

www.OnTheMoveChiropractic.com