

# INVICTUS INQUIRER

Transforming the health of our community by empowering them with information, connection, and chiropractic care.

## SHEDDING LIGHT ON EVERY HUE OF HEALTH



Our incredible doctor team of pediatric specialists at Invictus Chiropractic has been hard at work behind the scenes---training, studying, planning, and preparing to meet the needs of the growing families in our practice! Their goal is to to create multiple opportunities for intimate connection with the parents of our community to discuss our greatest blessings---our children! You won't want to miss these two dynamic workshops!

### Perfect Storm---Decoding Neurodevelopmental Disorders

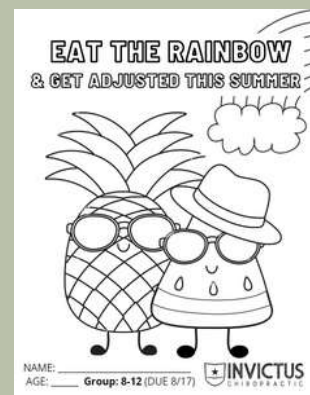
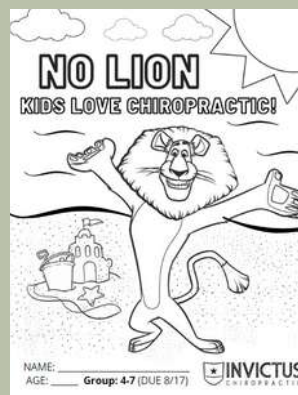
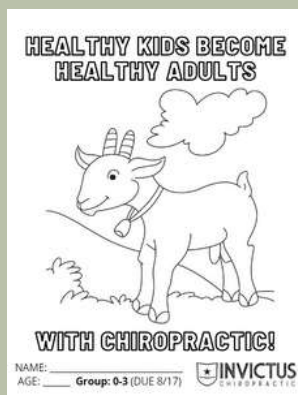
This workshop is designed to bring hope, help, and answers to parents, caregivers, and providers of children struggling to hit developmental milestones and those who have sensory-processing disorders, low tone, ADD/ADHD, Autism, or other behavioral challenges. Dr. Jordan and Dr. Anna will share their expertise as pediatric providers to help you better understand what your child is experiencing from a neurological perspective and what drug-free solutions parents have to help your child thrive! Join us on either Tuesday, August 15th or Wednesday, October 11th!



### Raising Healthy Kids Naturally

This workshop will focus on movement development and growth to help our kiddos eat well, sleep well, and detox well. Dr. Jordan and Dr. Anna will discuss ways to support your child in meeting their milestones in order to bring about behavioral and emotional balance in our children as they grow. Our docs will also geek out on the Vagus Nerve and its role in motor, immune, and digestive system functioning. Don't miss this chance to learn more about how to equip your kiddos with all they need to kick chronic illness (congestion, inflammation, allergies, and more) and autoimmune challenges to the curb! We'll see you on Thursday, September 14th and Thursday, November 16th.

**COLORS  
SPEAK  
LOUDER  
THAN  
WORDS**



As we wrap-up Summer and prepare for a festive send-off for kiddos heading back to school, it is with much excitement that we invite your kiddos to participate in our community coloring contest celebrating pediatric chiropractic! We're looking to wash the office in color and highlight the many talents of our youngest practice members and those young at heart!

Submit your drawing by August 17th for a chance to win one of our amazing experience prizes selected just for you---Play Street Museum, Kidtastic Park, Urban Air, or Escape Room!

# Proprioception

## THE MISSING PIECE IN YOUR CHILD'S DEVELOPMENTAL PUZZLE

As parents, we constantly seek to make the best decisions for our health and that of our children, and when we have that gut feeling that something is not right, it's unsettling, especially if we're not quite sure what is wrong. There is a term that may not be on the radar for most: proprioception. Do you or your child struggle with ADHD, anxiety, epilepsy, or seizures? Does your child exhibit struggles with motor tone and development, weak core, delayed walking or talking, sensory processing disorder, speech delays, or even autism spectrum disorder? Then proprioception could be at the core of these challenges.

Understanding proprioception, its importance for developing brains, and how stressors can disrupt it is vital knowledge for parents desiring to better understand their health and that of this kiddos! It is especially relevant if your child is in common therapies like physical therapy, occupational therapy, and speech therapy but have either reached a plateau or are not witnessing desired results as quickly as you hoped.

As Neurologically-Focused Chiropractors, we want to dive deep with you into the topic of proprioception and how it profoundly impacts processing, behavioral and emotional regulation, focus, memory, and more!

### UNDERSTANDING PROPRIOCEPTION

Proprioception is like our body's "sixth sense" that constantly sends information to the brain about the body's position, movement, coordination, spatial orientation, and motor tone. Although we may not consciously think about it, proprioception is essential for everyday tasks such as walking, writing, and reaching for objects. Crucially, proprioception plays a pivotal role in brain development, optimal brain function, regulation, and overall well-being in developing children, teenagers, and even adults.

### SUBLUXATION + BIRTH TRAUMA

Subluxation involves three main components: misalignment, fixation or decreased proprioceptive input, and neurological interference resulting in imbalance and dysfunction. Emotional, chemical, and physical stressors (as early as birth trauma) can disrupt proprioceptive input by causing physical injuries to the brainstem and vagus nerve.

Physical and occupational therapy exams assess proprioceptive function and motor tone through movement and coordination tests, our neurological exams provide a deeper analysis of the root causes. With the information gathered from our scans, we can identify the specific subluxation and altered proprioception. Neuro-Tonal Adjustments, designed to enhance proprioceptive input into the brain and central nervous system, can then be applied to help improve your child's condition.



### DRUG-FREE CARE FOR YOU AND YOUR CHILD

If you suspect that you or your child are struggling with proprioception and related conditions, we encourage you to explore Neurologically-Focused Chiropractic. It so often serves as the missing link in improving proprioception and overall neurological development in children and adults. Please reach out to our team at Invictus Chiropractic, we'd love to answer any questions you may have!

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Connect with us!



[Read more here.](#)