



WHAT IS PROPRIOCEPTION?



The Importance of Proprioception

Proprioception, in physiological terms, refers to the body's perception and awareness of its position and movements. The brain continuously receives proprioceptive messages from all joints in the body, whether consciously or unconsciously, to maintain balance and coordination. This is particularly evident in keeping the head level, spine erect, and shoulders balanced when sitting.

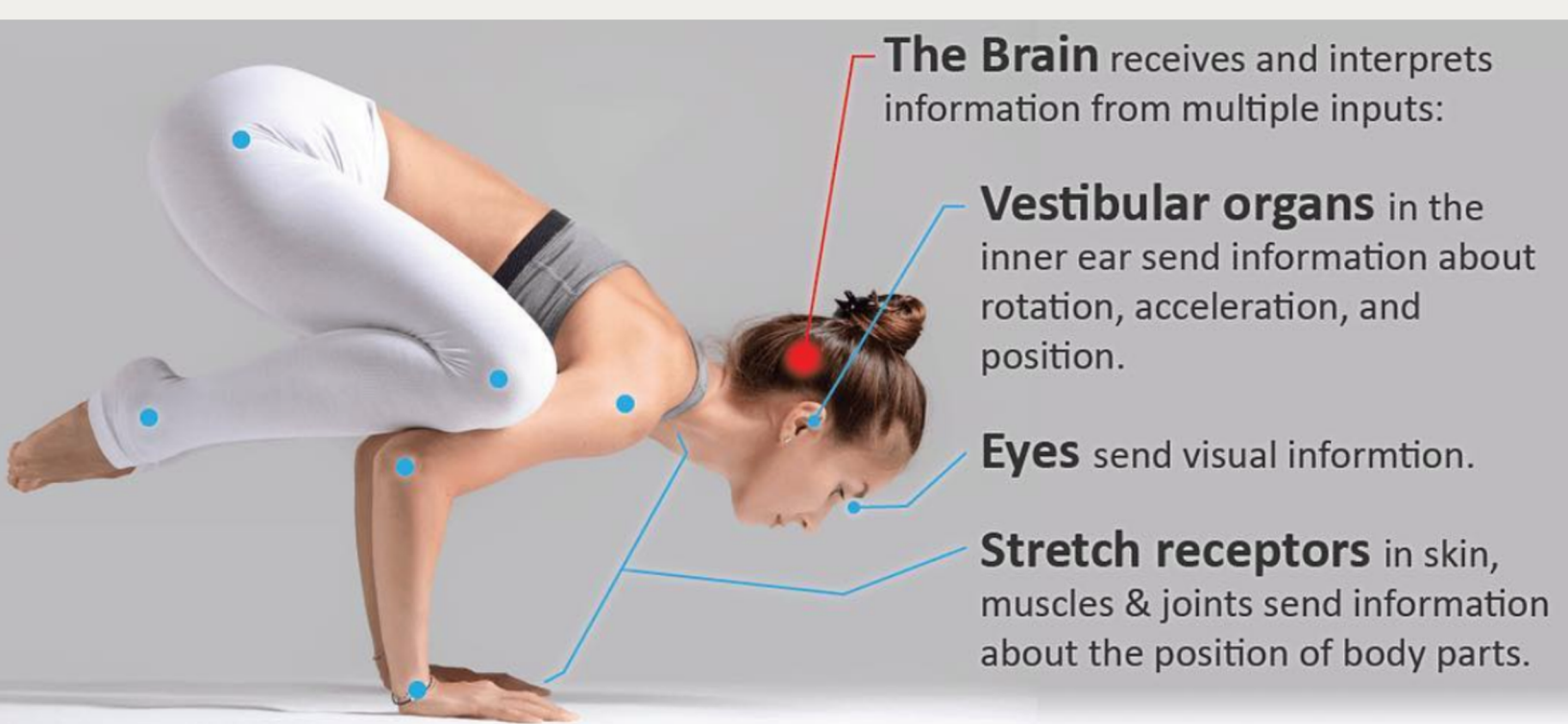
Naturally, the brain thrives on a healthy amount of proprioceptive input. The more proprioception the brain receives from the body, the more "aware" it becomes of its spatial position. This heightened awareness is crucial as it activates the prefrontal cortex, a brain region essential for managing stress responses.



An active prefrontal cortex is vital as it helps regulate stress hormones like cortisol and epinephrine. When spinal joints are restricted, it significantly decreases the amount of proprioception reaching the brain. This restriction not only elevates stress hormone levels but can also lead to joint degeneration over time.

Body Awareness

Living a healthy and fulfilling life involves more than just eating well and exercising regularly. It's about nurturing the body's innate ability to function optimally in all aspects. One crucial element that often goes unnoticed is proprioception – the body's awareness of its position and movement. Proper proprioception is not only essential for balance and coordination but also plays a significant role in managing stress and promoting overall well-being.



The Brain receives and interprets information from multiple inputs:

Vestibular organs in the inner ear send information about rotation, acceleration, and position.

Eyes send visual information.

Stretch receptors in skin, muscles & joints send information about the position of body parts.

Adjustments and Enhanced Proprioception

Chiropractic adjustments are integral to restoring optimal proprioceptive input by correcting subluxations. This ensures the accurate relay of proprioceptive signals to the brain, which is essential for the body's overall function. The correction of subluxations facilitates the smooth transmission of nerve impulses to the brain, thereby enabling the body to maintain balance, coordination, and posture.

Precise adjustments can significantly benefit individuals under chronic stress or those recovering from traumatic events, as they provide the prefrontal cortex with necessary proprioceptive information. This enables the cortex to regulate stress hormones effectively, maintaining its activity levels despite external pressures.

Understanding the role of proprioception in brain function and stress management sheds light on the importance of chiropractic care for individuals of all ages, including infants. By addressing subluxations and promoting optimal proprioceptive input to the brain, chiropractic adjustments can play a significant role in overall health and well-being.

A Foundation for Healthy Development

Considering the importance of proprioception in brain development and stress management, chiropractic care for infants holds immense value. The birthing process, regardless of its gentle nature, can introduce stress to a newborn's delicate musculoskeletal system, potentially impacting proprioceptive input to the brain.

By having newborns checked by a chiropractor, any spinal misalignments caused during birth can be identified and corrected early. This proactive approach ensures that the infant's developing nervous system receives optimal proprioceptive input, setting the stage for healthy brain development and stress management throughout their lives.

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