

Shipshewana Clinic
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Millersburg Clinic
501 E Washington St.
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WALKING

Postural walking is a very good stimulant to the central nervous system. It causes the release of neurotransmitter chemical messages in the brain. This stimulates growth of neurons by a process called plasticity. The loss of protein and connections in these neurons is responsible for much of the loss of function and disease that affects people.

Posture is key to maximizing neurological stimulation and growth. The spinal joints and muscles sense rate and change of movement as well as tone of the muscles. Good posture maximizes and balances the number of these impulses. These messages are then carried to the thalamus and cerebellum of the brain to direct and control the body.

Marching like a soldier is an idea of the process, but feel free to allow more personal freedom of movement.

HEAD UP

Balance your head like you would balance a basketball. Allow this feeling of balance to take place in various points in your neck. Look around a lot! Eye movement fires many pathways to the brain and brain stem.

SHOULDERS BACK

Our shoulders roll forward because we have allowed the muscles that hold them to become weak. Keeping the shoulders back exercises them, allows more oxygen into the lungs, helps blood pressure, and helps keep us young.

BREATHE DEEPLY

Really fill the lung with that healing oxygen. Full deep breaths through the nostrils are preferred. Notice the shoulders going back and up a little as you fill your lungs.

STOMACH IN

This helps to tone the abdominal muscles and helps prevent back aches. Don't slouch!

LIFT KNEES AND HEAL STRIKE

A little extra knee lift helps resolve that common pyramidal pattern of weakness.

- Posture is more important than speed. Build up to 30 minutes a day.