

WHY DOES YOUR MOBILITY MATTER?

From aging well and preventing injury to simply getting through your day without pain, mobility is the key to everything you want your body to do

Much of the discomfort we deal with daily is directly related to our mobility.

Find out how you can go from this.



Pain and stiffness
(from repetitive movements)



Tight muscles
(which restrict reaching, bending and twisting)



Added pressure on your surrounding joints
(causing pain - no thanks)

To This:

- ☀ Improved posture and circulation
- ☀ Reduced muscle soreness and tension
- ☀ Decreased pain and risk of injury



MOVE WITH EASE

Run faster, jump higher - or just sleep better & move more comfortably. Gentle adjustments & active therapies are a great way to relieve pain and improve your mobility.



SQUAT CHECK YOUR MOBILITY

Most of us don't consider our mobility until pain or restrictions stop us from doing something we love.

Take an empowering step (or in this case, a squat) toward the most mobile you with this simple test to gauge your hip, knee and ankle mobility.

- ☀ Lower yourself into a deep squat
- ☀ Keep your fingertips on floor
- ☀ Keep your heels flat on floor
- ☀ See if you can comfortably hold the squat for a count of 10



If you'd like to squat a little deeper (and move a little freer) — chiropractic care from Chiro One can help.

Improved mobility is one of the first benefits Chiro One patients notice after beginning care.



MOBILITY MATTERS AT CHIRO ONE. BOOK YOUR APPOINTMENT NOW BY CLICKING THE BUTTON OR CALLING US AT 800-716-3936.

Exceptional patient-centered chiropractic care is what you'll find at Chiro One Wellness Centers. We specialize in relieving pain while improving overall health and wellness through a unique combination of gentle adjustments and active therapies.

SCHEDULE TODAY ▶