

# Spinal Adjustments for Motion and Exercises for Strength

## The Brain Back Body Exercise Program

A 10-week study investigated the benefit of manipulative therapy and stay-active care vs. stay-active care alone in 160 patients with LBP of three months or less duration. The authors defined “stay-active” as an approach to patient care whereby patients are encouraged to take part in physical and other activities to stay fit.

Results showed that manipulation combined with stay-active care “improved pain measured as pain during the last week and everyday function in acute and subacute cases of low back pain better than stay active treatment only.” Moreover, at five and 10 weeks, patients in the experimental group had less pain and lower disability rating indices than members of the reference group.

In addition to treating LBP, regular chiropractic care has a host of other benefits, including pain and stress relief, while regular exercise is necessary for maintaining total health and wellness. Imagine what the two combined can do for your health and well being. Now is the time to take action, and take responsibility for your motion, appearance, and state of wellness.

### *Reference:*

Grunnesjö MI, Bogefeldt JP, Svärdsudd KF, Blomberg SIE. A randomized controlled clinical trial of stay-active care versus manual therapy in addition to stay-active care: functional variables and pain. *Journal of Manipulative and Physiological Therapeutics* September 2004;27(7):431-41

**The Brain Back Body DVD Program** is a combination of specific Neuro integration exercises combined with traditional strength building protocols. The Brain Back Body DVD Exercise program was designed to increase Brain Neuroplasticity, Core spinal strength, and overall body conditioning. The Brain Back Body Exercise Program creates a real “Brain Gym” in the privacy of your home. This program increases brain health by **activating the main pathways into the brain.**

Three 30 minute exercise programs are designed to focus on specific brain and body areas:

Chest and Shoulders, Arms and Back, and Legs.: Each Chapter begins with a **unique pattern of neuro integrative warm-up exercises that are followed by resistance strength training procedures** using exercise bands, a small ball to increase neck and back strength, and a large ball for Core strength, stability, and balance. The program objectives are to increase activation of the parts of the brain that control the spinal muscles (midline cerebellum) and for increasing the health of the cerebrum (increased frequency of firing of higher brain centers) for enhanced cognition, increased neuroplasticity, and postural control. This results in smoother motions, a better appearance, and improved thinking. **Brain Back Body DVD Program Package INCLUDES:**

- The Brain Back Body DVD
- Small fit ball

Light Exercise & Extra Heavy Exercise Bands

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