Video Animations

Videos Overview · https://chiroshub.com/docs/video-animations/

Our 2-6 minutes long easy-to-follow whiteboard animations explain the science of chiropractic. They are scientific facts translated into lay language, which makes it easier to understand the proven benefits of chiropractic care.

Current Videos List

Introduction to Chiropractic

- The Beginners Guide to Chiropractic
- How the Brain Perceives the World
- Chiropractic Affects your Brain
- Chiropractic Techniques
- Safety of Chiropractic Care
- Evidence-Based Practice
- What is that popping sound?
- Who sees a Chiropractor?
- Visiting a Chiropractor
- Stress Affects your Health
- Maintenance Care
- Monitor Your Health (Heart Rate Variability)

The Benefits of Chiropractic Care

- Chiropractic for Older Adults
- Chiropractic reduces Falls Risk
- Chiropractic Helps Posture

- High Blood Pressure
- Chiropractic and Golf
- Cost-Effectiveness of Chiropractic
- Adjustments increase strength in Stroke Victims
- Reaction Times
- Handbrake in Your Brain
- Chiropractic Care and Mental Health
- The Importance of Sleep

Chiropractic Care and Children

- Chiropractic Care and Colic
- Chiropractic Care and Bedwetting
- Chiropractic and Pregnancy
- Chiropractic and Breastfeeding
- A Baby to a Chiropractor?
- Safety of Chiropractic for Children and Babies
- Growing Pains
- Ear Infections in Children

Secrets of the Spine

- Symptoms are the tip of the Iceberg
- Improve Muscle Activation
- Chiropractic can make you less clumsy
- Adjustments improve Strength
- The Prefrontal Cortex
- Spinal Function Impacts Brain Function
- Mild Spinal Dysfunction
- Cerebellum Function
- Keep Your Spine Moving

- The Prefrontal Cortex Revisited

Understanding Pain

- Pain is Created in Your Brain
- Understanding Chronic Pain
- Pain is our Alarm System
- Impact of Neck Pain
- Pain and the Immune System
- Chiropractic and Headaches
- The Opioid Epidemic
- Chiropractic Care and Migraines
- Break the Pain Cycle
- Lower Back Pain