

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

# Powers & Jans Centre

The Experts® on Chiropractic Care:



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The Experts®  
you need to know  
on Chiropractic Care

Dr. Wallace Jans

## YOUR SIXTH SENSE

You probably learned that we have five senses: touch, taste, smell, hearing and sight. You have a sixth sense as well and, no, it's not some psychic power like in the movies. Your sixth sense is called proprioception. Proprioception is your body's sense of knowing where your body parts are in relation to the rest of the body. So even if you are blindfolded, you know whether your hand is above your head or behind your back and whether your fingers are wiggling or your fist clinched. Your sixth sense is necessary for you to properly position your body for motion, posture and balance.

Proper proprioception requires a well functioning nervous system. Skin, joints, muscles and nerve endings must constantly communicate with the brain to produce the sense of where each body part is in relation to the rest of the body. This sixth sense can be developed to enable us to do complex tasks without looking at the body part being used. For instance, people learn to play the piano without looking at the keys; even with their

eyes closed. But proprioception can be impaired with disuse or disease processes. Diabetes and strokes are examples of pathologies that can affect proprioception. As we age all our senses, including our sixth sense, can become less acute. As proprioception diminishes people are more susceptible to falling. People trip more easily because they are not aware of exactly where their feet are. They also tend to bump into things and drop objects. Their balance declines as well.

There are some things we can all do to maintain our sixth sense. Balance and agility exercises are both very helpful for the body to coordinate its parts. Performing even simple exercises with the eyes closed can be very beneficial. Training with light weights can also help. Because proprioception requires a properly functioning nervous system, chiropractic care is very helpful. Chiropractic adjustments not only relieve nerve interference at the spine, but when

joint mobility is restored, proprioceptive sensors work much better. Chiropractic adjustments performed on both spinal and extremity joints restore joint function.

Your sixth sense is very important in maintaining an active lifestyle and preventing injuries at home or on the job. By keeping your nervous system and joints functioning well, regular chiropractic care can help your proprioception. Call 403-529-9069 today for a free consultation.

Chiropractic can keep your  
**SIXTH SENSE** working



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