

Hello ,

It's Dr. Matt Phinney from the Chiro Docs

In a time when kids are using screens more and more, it's important to pay attention to the growing problem of headaches.

Knowing what these headaches are like can help us take care of them better, making sure our kids stay healthy.

Types of Headaches to Watch For:

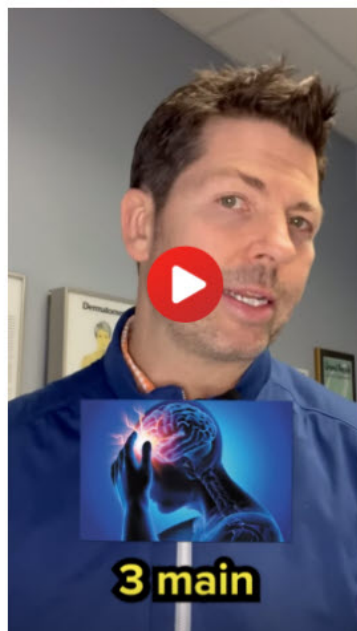
Migraine Headaches: Debilitating pain with sensitivity to light and sound, often accompanied by nausea.

Tension Headaches: A constant sensation of pressure around the head and neck.

Cluster Headaches: Severe pain occurring in patterns, disrupting sleep.

Red Flags That Demand Attention:

- Sudden, severe headache onset.
- Symptoms that worsen with activity.
- Alarming neurological signs, such as loss of balance or dizziness.



In our digital world, proactive health care for our kids is key!

Here at The Chiropractic Doctors in Grand Rapids, MI, we specialize in helping kids like yours.

If your child is showing any of these signs, don't wait.

[Click to book an appointment HERE!](#)

Any questions? Don't hesitate to message me.

Step towards a healthier you,

Dr. Matt Phinney

Hello ,

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Are you striving for better balance in your life?

Well, I'm thrilled to share some expert tips to improve your balance immediately.

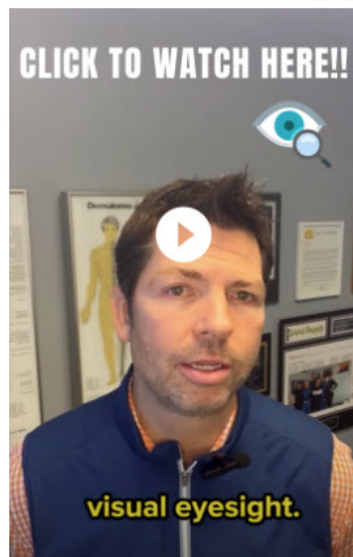
Enhance Your Eyesight: Explore simple near and far exercises to enhance your vision, as effortlessly as using your thumb!

Strengthen Your Vestibular System: Learn at-home maneuvers like Epley's repositioning and the Dix-Hallpike half somersault to boost your middle ear health, a key to balance.

Build and Maintain Strength: Master eccentric contractions with exercises like slow squats. It's easier than you think, and I recommend a 4-6 second countdown for maximum impact.

Enhance Proprioception: Understand how proprioception - your body's sense of position - plays a vital role in balance.

I just posted a video HERE on more about more information on the KEYS to improve your balance!



Here at The Chiropractic Doctors in Grand Rapids, MI, we specialize in detecting and correcting subluxations that can negatively impact your balance, especially important as you age.

Don't miss this opportunity to transform your balance and enhance your lifestyle.

[Click to book an appointment HERE!](#)

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Step towards a healthier you,

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Hello ,

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Have you ever considered how your morning routine can impact your posture and overall health?

Well, here is an exercise that's easy, effective, and requires nothing more than your body and a bed!

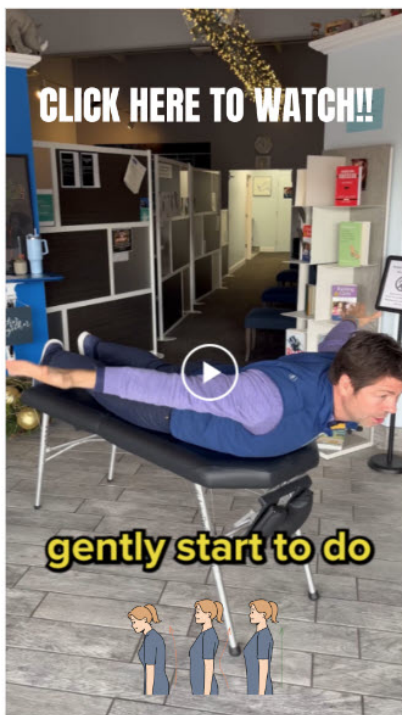
The Exercise:

- **Simple Steps:** Lie on your bed's edge, extend your arms forward like Superman, and do small arm circles (10 forward, 10 backward).
- **Quick and Effective:** Takes less than 5 minutes.
- **No Equipment Needed:** Just your bed and you!

Benefits:

- **Improves Posture:** Targets key back muscles.
- **Easy for Everyone:** Regardless of fitness level.
- **Starts Your Day Positively:** Sets a healthy tone for your entire day.

I just posted a video [HERE](#) on more about this easy morning exercise for posture!



This exercise is a game-changer, especially for those of us who spend hours at a desk.

It's a quick addition to your morning and can have long-lasting benefits!

Want to learn more?

[Click to book an appointment HERE!](#)

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