

Instagram: mbachiropractic

Here is our playlist!

Updated 10/12/18

♣ GENERAL:



*Laptop use:

<https://www.instagram.com/p/BkRdC7vHikW/>

<https://www.instagram.com/p/BkUCng9HtNa/>

<https://www.instagram.com/p/BkWONHOHKT9/>

*Driving sitting posture:

<https://www.instagram.com/p/BjmkT5-HzDD>

<https://www.instagram.com/p/BogTYO9HXjX>

*Posture general:

<https://www.instagram.com/p/BbMJUmRAUJO/>

<https://www.instagram.com/p/BMQI-w7gXwB/>

<https://www.instagram.com/p/BfyDQmJhATr/>

https://www.instagram.com/p/Bq6PIDLj_OS/

*Texting thumb strength imbalance

<https://www.instagram.com/p/BjeRcmDn8i5/>

<https://www.instagram.com/p/BbQ4wxgplU/>

*Stress breathing

<https://www.instagram.com/p/BmiMYMsHIAR/>

♣ FLAT FEET/ BUNION / PRONATION:

<https://www.instagram.com/p/BgTOhrAK5S/>

<https://www.instagram.com/p/BgVRa7nA0kY/>

<https://www.instagram.com/p/BgXgYxDgvlO/>

<https://www.instagram.com/p/BT8LNoqQed/>

♣ SPORTS:



*Pushup:

<https://www.instagram.com/p/Blcpl2EgNNO/>

<https://www.instagram.com/p/BaeH2ZjA43v/>

<https://www.instagram.com/p/BLrwul6gN5Z/>

*Glutes:

https://www.instagram.com/p/BPr_b8-A3aQ/

<https://www.instagram.com/p/BOkjh2Lg-R8/>

<https://www.instagram.com/p/BquNjhZHiU9/>

<https://www.instagram.com/p/Bqoub9jn7v0/>

*Shoulder stability

<https://www.instagram.com/p/Bqq48xpnED5/>

<https://www.instagram.com/p/BI-OstSIRsA/>

*Ribs

<https://www.instagram.com/p/Bg5cg4EBMy3/>

<https://www.instagram.com/p/BfFobeWBI3T/>

*Running:

<https://www.instagram.com/p/BYzvGkcgHiT/>

<https://www.instagram.com/p/BYx6JnCglaD/>

*Yoga / Wushu / lunges

<https://www.instagram.com/p/BjgQOsPHxsr/>

https://www.instagram.com/p/BjjCi3Zn_4G/

<https://www.instagram.com/p/Bia1JoMn6XU/>

*Jumping:

<https://www.instagram.com/p/BXS3cB7gJD4/>

<https://www.instagram.com/p/BXPFbq3gxiM/>

<https://www.instagram.com/p/BXNwssUgW5D/>

<https://www.instagram.com/p/BXCZjKYgPJV/>

*Core stability

<https://www.instagram.com/p/Bc9CHacgH74/>

<https://www.instagram.com/p/BbJm10xACPP/>

*Gym

<https://www.instagram.com/p/BfFobeWBI3T/>

<https://www.instagram.com/p/BczMvFDgwaQ/>

*Dancers / ballet

<https://www.instagram.com/p/BWcyBacgskC/>

<https://www.instagram.com/p/BXmIjyWAdwN/>

<https://www.instagram.com/p/BMrHbZOgQP5/>

<https://www.instagram.com/p/BT8LNoqgQed/>

<https://www.instagram.com/p/BiLhhLHH9zs/>

<https://www.instagram.com/p/BiESqjdHxpX/>

<https://www.instagram.com/p/BZA4ZjpAkIM/>

<https://www.instagram.com/p/BYXjwxxAovy/>

*Martial arts

<https://www.instagram.com/p/BeZlnWXgCMr/>

https://www.instagram.com/p/BJzEAprA_om/

*Taichi

<https://www.instagram.com/p/BjIXx6Dnxs2/>

*Miscellaneous:

Hip joint

<https://www.instagram.com/p/BeiSqehBpCQ/>

Fold hips

<https://www.instagram.com/p/BcFCoEGAH1i/>

Legs activation

<https://www.instagram.com/p/BoBvfdOnK8k>

Violin

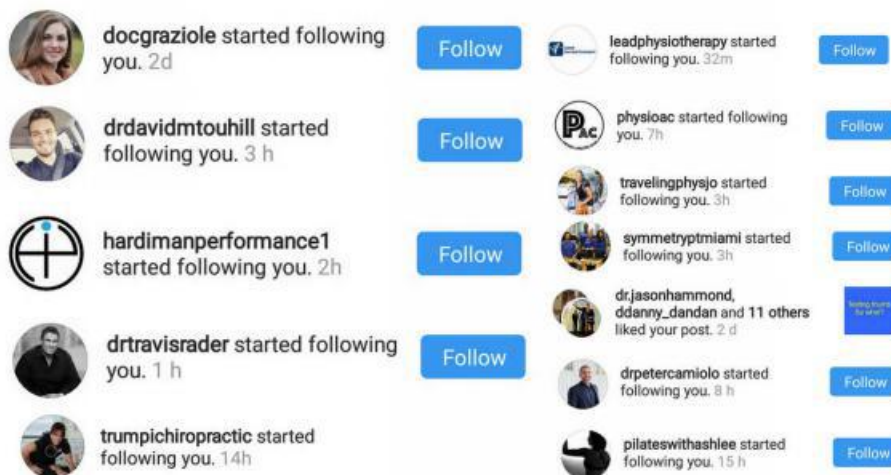
<https://www.instagram.com/p/Bb1srSeAGYk/>

Dentist

<https://www.instagram.com/p/BYKfJyAAeq/>

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MBA Chiropractic feels honoured that our Instagram video tips have been viewed and liked by *overseas* chiropractors, physiotherapists, and fitness instructors abroad. So, rest assured we know how to help you rehab and restart your active life.



Need help? Please call 018-392 5872.