

Instagram: mbachiropractic

*Here is our playlist!*

♣ 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/>

\*Texting thumb strength imbalance

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

♣ **FLAT FEET/ BUNION / PRONATION:**

<https://www.instagram.com/p/BgTOHlrAK5S/>

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

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

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

♣ **SPORTS:**



\*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/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/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/](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

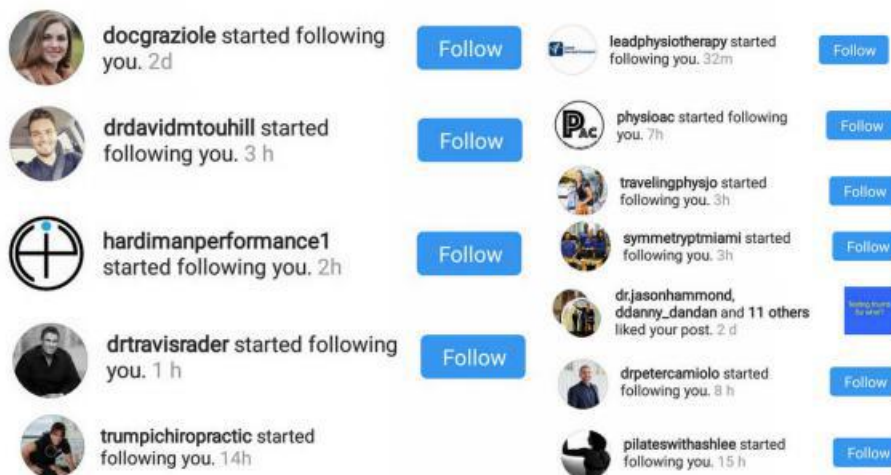
<https://www.instagram.com/p/Bb1srSeAGYk/>

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.