

Clinic Announcements

You may see a couple new faces toward the end of September as Dr. Mauren gets ready for maternity leave! We'd love to introduce you...

Dr. Angie Graper of Family Focus Chiropractic has been practicing since 2011 and brings extensive experience in pediatric and prenatal chiropractic care, including CACCP certification and advanced training in the Webster Technique. Her background also includes functional medicine and neurological approaches to care.



Dr. Tara Schug has more than 17 years of experience, including nearly nine years on Hennepin Healthcare's Integrative Health team working alongside other healthcare disciplines. She has extensive experience with complex and persistent pain and additional training in Pain Reprocessing Therapy (PRT), giving her a unique perspective on the role of the brain and nervous system in chronic pain.



You can read their full bios on our website at www.thompsonchiroclinic.com

Concussion recovery with Dr. Mauren

Concussions are a type of mild traumatic brain injury that often involve neck injury as well. At Thompson Chiropractic, we address the brain and cervical spine together to support balance, coordination, and nervous system regulation. Early care focuses on stabilizing symptoms with gentle adjustments, supplements and nutrition for brain recovery, and red light or laser therapy. As recovery progresses, care shifts to neurological retraining, aerobic and therapeutic exercise, and a gradual return to normal activity.

Recover stronger with Dr. Jessica

Recovering from a sports injury? The Ortho Molecular Soft Tissue Support pack provides targeted nutritional support for healthy connective tissue, a normal inflammatory response, and occasional muscle soreness and stiffness. With turmeric, proteolytic enzymes, flavonoids, and key nutrients, it's a great complement to chiropractic care and rehabilitation to help support your body's natural recovery process.



Movement of the Month with Dr. Jayme

Good balance improves **body awareness, joint stability, and control**, which is important for both preventing injuries and supporting recovery. Try this to help prevent injuries in athletes and even prevent falls in older adults.

1. **Heel-to-toe stand:** Hold 20–30 seconds each side.
2. **Single-leg stand:** Hold 20–30 seconds each leg. Use light support if needed.
3. **Single-leg reach:** Balance on one leg while reaching the opposite leg forward, sideways, and backward in a clock-like pattern.
4. **Step & hold:** Step forward and sideways, holding each landing for 3–5 seconds. Do 5 reps each side.
5. **Hop & hold:** Add a small hop, land softly, and hold for an athletic challenge.

Make it harder: Narrow your stance, close your eyes, add head movement, reach farther, or increase speed.

Safety: Practice near a sturdy counter or wall, especially when starting.