

Neuro Impulse Protocol (N.I.P.)

Gentle, precise chiropractic care focused on how your brain and body work together

At Parade Chiropractic Dr. Kristen uses a gentle chiropractic technique called **Neuro Impulse Protocol (N.I.P.)**.

N.I.P. is based on the relationship between your **brain, nervous system, muscles and joints**. Your brain constantly receives information from your body and uses that information to control movement, balance, strength and coordination.

When the information coming from a joint, muscle or ligament isn't working as it should, it may affect the way your brain communicates with and controls that area. N.I.P. is designed to identify these areas and gently help restore more normal movement and communication between your body and brain.

How does N.I.P. work?

During your assessment, we gently check how your body is moving and functioning. This can include looking at:

- Joint movement and range of motion
- Muscle strength and tone
- Posture and movement patterns
- Reflexes and coordination

We assess the body as a whole to identify areas where movement, strength or coordination may be altered.

Once an area has been identified, a **very gentle and specific impulse** is applied to the joint or muscle. The aim is to provide the nervous system with clearer sensory information and support better coordination between the brain and body.

Is N.I.P. gentle?

Yes. N.I.P. uses a **light, precise touch** rather than the forceful movements that some people associate with traditional chiropractic adjustments.

There is **no cracking or popping of the joints** involved. Corrections are made while you are in a comfortable, neutral position, making N.I.P. a gentle approach to chiropractic care.

What might you notice?

Because N.I.P. focuses on movement and neuromuscular function, some people notice changes during or immediately after their appointment.

You may notice improvements such as:

- Easier or greater movement

- Changes in muscle strength or control
- Improved coordination
- A greater sense of balance or stability
- Feeling more comfortable when moving

Everyone responds differently, and Kristen will assess your individual needs and progress over time.

Why does the brain matter?

Your brain is constantly receiving information from your muscles, joints, eyes, ears and other parts of your body. It uses this information to decide how your body should move and respond.

For example, if you touch something hot, your nervous system quickly sends information to your brain and your hand moves away.

N.I.P. works with this same communication system. By identifying areas where movement or sensory information may be altered, we use gentle impulses to provide new information to the nervous system.

Think of it like **updating the communication between your brain and body** so they can work together more efficiently.

Your care doesn't stop in the clinic

Where appropriate, Kristen may also recommend specific exercises to complement your N.I.P. care.

These exercises are selected to help improve:

- Joint movement
- Flexibility
- Strength
- Coordination
- Long-term stability and function

The goal is to help you build on the changes made in the clinic and support lasting improvements in how your body moves and functions.

A gentle approach to helping your body move better

N.I.P. is a precise, whole-body approach that looks at the relationship between your **brain, nervous system, muscles and joints**.

At Parade Chiropractic Kristen will take the time to assess how your body is functioning and provide gentle, targeted care based on what she finds.