

CHIROPRACTIC & HEALTH

A Natural Connection

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Chiropractic Safe and Effective For Elderly Patients

Hawk et al. (2017) Best Practices for Chiropractic Care for Older Adults: A Systematic Review and Consensus Update. J. Manipulative Physiol Ther. 40:217-229

QUOTE BOARD:

"About 15% of people who seek chiropractic care are aged 65 and older. Like other age groups, older adults use chiropractic services most often for musculoskeletal complaints. In addition, as people live longer, increasing emphasis is being placed on their ability to function independently."

"The World Health Organization states that a key feature of promotion of "healthy aging" is to increase or maintain functional ability. This may allow older people to live independently, which may be of utmost importance to them."

"Manual therapy, including spinal manipulation, is a reasonable and evidence-based approach to management of the older adult."

"Furthermore, there is emerging evidence indicating older patients receiving chiropractic care (particularly mobilizations and manipulative procedures of the spine and peripheral joints) experience a variety of positive clinical outcomes and a high level of satisfaction with their care."

Key Concepts:

Evidence Shows Chiropractic Care is Effective in Elderly (and all age groups) for:

- Reducing Age-Related Physical Function Decline
- Relieving of Pain and Stiffness
- Improving Overall Physical Function
- Improving Range of Motion and Mobility
- Improving Balance and Decrease Risk of Falling
- Improving Quality of Life

Key Take Home Points:

The most significant determinant of quality of life as we age is our physical function. Chiropractic is the most evidence-based, most effective, and most cost-effective approach to improving and maintaining physical function, balance, mobility, and comfort - throughout life!

The reason chiropractic spinal manipulation is effective is because spinal manipulation stimulates movement receptors called mechanoreceptors that send signals called proprioception that inhibit the nociceptive signals and result in less pain signals to the brain and less feelings of pain.

Staying physically active is crucial for both physical and emotional health. Regular chiropractic care helps improve mobility and comfort and makes being physically active easier and more enjoyable.