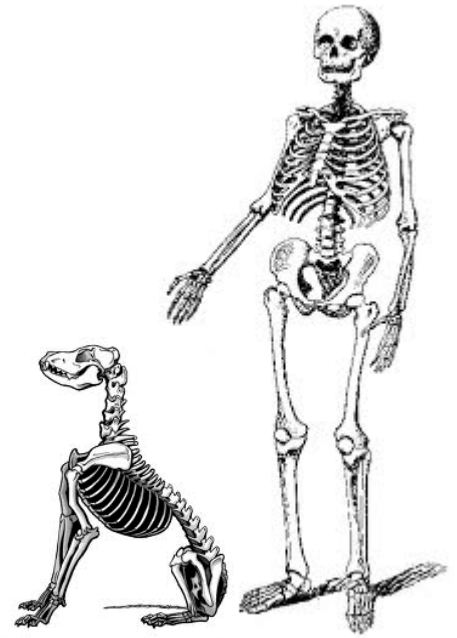


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### Chiropractic for Older People

Reduced mobility, stiffness, generalised aches and pains and symptoms such as poor circulation are just some of the problems that we can experience as our bodies get older. Sometimes these problems result from specific physical conditions such as arthritis or as a result of falls and accidents. Operations in later life can mean that a period of immobility or recuperation is needed and this can lead to stiffness within the joints or muscles. Some older people become less active and this can also cause the joints to become less mobile and consequently the surrounding musculature weakens.

Good health can be as much about enjoying a good quality of life with a positive sense of physical, mental and emotional well-being, as much as it is about being free of pain and disease. Chiropractic is a healthcare profession that focuses on diagnosis, treatment and the prevention of mechanical disorders of the musculoskeletal system, with special emphasis on the spine. It emphasises manual therapy including spinal manipulation and other joint and soft-tissue manipulation, and includes exercises, and health and lifestyle counselling. Many older people find that chiropractic care and the tailored aftercare advice given by chiropractors can help improve function and increase the mobility and range of motion of the joints and provide relief from pain and discomfort. This can contribute to a sense of health and well being. Used like this, chiropractic works as a preventative therapy and when used in this way it can help avoid long spells of discomfort. Although chiropractic cannot reverse the effects of arthritis or degenerative diseases, keeping the body functioning at its optimal level can help improve mobility and help to prevent further biomechanical disorders. The gentle nature of chiropractic using the McTimoney technique makes it particularly suitable for older people.

There are a range of conditions that can be helped. These include:

- Generalised musculoskeletal aches, joint pains, muscle spasms;
- General, acute & chronic backache, back pain (not arising from injury or accident);
- Lumbago and sciatica;
- Migraine prevention and cervicogenic headache;
- Joint pains including hip and knee pain arising from osteoarthritis as an adjunct to core treatments and exercise;

- Shoulder complaints (dysfunction, disorders and pain), rotator cuff injuries, disease or disorders and soft tissue disorders of the shoulder;
- General symptoms of poor mobility and stiffness in joints and muscles.

Chiropractic has been proven to be effective in treating these conditions. It is a non-invasive holistic treatment which works to realign and balance the musculoskeletal system, improving functionality, movement, soundness and performance through considerate manipulation that addresses restrictions within the musculoskeletal system, relieving muscle tension, pain and associated discomfort.

The number of sessions you will need depends on your age, the nature of the problem and how long you have had the problem. We heal more slowly as we get older. Long-standing problems will often take longer to improve than a more recent concern. Regular check-ups are recommended to maintain a healthy balance in all aspects of daily functioning.

Chiropractors will wherever possible work in cooperation with your GP and if they discover or suspect a problem that requires further medical investigation, they will refer you back to your GP. They are also able to give detailed rehabilitative and aftercare advice on how to help yourself after treatment so that you obtain maximum benefit from the treatment; this can include the development of strategies to assist you in managing your condition between treatments.