



Chiropractic Improves Quality of Life in Older Adults

Doctors of chiropractic (DCs) play an important role in the treatment and management of health conditions in the older adult. An estimated five million patients treated by DCs are 65 and older. By 2030, nearly one in five U.S. residents is expected to be age 65 or older.

Spinal pain is a significant musculoskeletal problem among older patients. Bad spinal health can impact nerve function of the legs, which impacts the potential for strength to be stored. The prevalence of disabling and non-disabling back pain in community-dwelling adults is six percent and 23 percent, respectively, and is on the rise making it more important to be proactive when it comes to spinal hygiene. **Maintaining quality of life requires chiropractic care.**

As primary care professionals for spinal health and well-being, doctors of chiropractic – who receive a minimum of seven years of higher education – help the elderly population maintain health, quality of life, reduce injury, prevent falls and improve physical function through various techniques such as spinal adjustments*, strength training, balance exercises and additional wellness methods.

**Adjustments and various techniques are adapted and suited to support the needs and comfort of the older patient.*

Sources:

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3306193/>

<http://www.ncbi.nlm.nih.gov/pubmed/20732584>