

How Older Americans Can Benefit From Chiropractic Care

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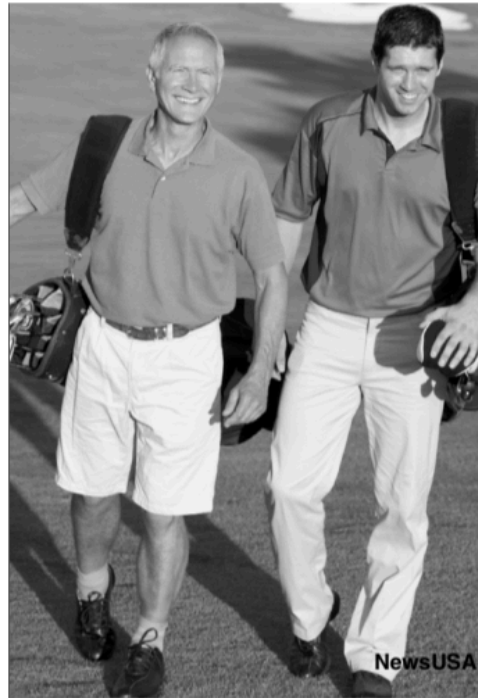
(NU) - It's not just you.

As a nation, America is getting older - with another 10,000 Boomers turning 65 every day. And whether you like to admit it or not - and who does? - odds are you're probably already experiencing at least some of the same nagging health issues you once thought only happened to your parents.

What's also likely, assuming you're one of the nation's 100 million chronic pain sufferers, is that you're seeking a safer alternative to opioids after being scared off by news headlines of people becoming addicted and even dying from them. Read on to see if drug-free chiropractic care may be right for what ails you.

• **Back and neck pain.** It's the primary reason older Americans visit doctors of chiropractic every year. And as Dr. Phillip Pizzo of Stanford University's School of Medicine has said, "We see that for many patients, chronic pain becomes a disease in its own right."

Blame the aging process itself for why even the most active seniors - weekend athletes, say - aren't immune from such pain: Our muscles, spinal discs, facet joints and ligaments simply become less hydrated, weaker, and less able to withstand normal stresses. Doctors of chiropractic, who are highly educated and trained in the structure and function of the human body, can help provide relief through hands-on techniques that enhance flexibility, muscle strength, and range of motion.



Even the most active seniors can suffer from back pain.

• **Osteoarthritic pain and dysfunction.** Knees or hips acting up? As with back and neck pain, doctors of chiropractic can also outline a program of exercise - monitoring your progress along the way - aimed at rehabilitating and strengthening specific muscle groups.

• **Overall wellness.** This, it's been said, is "the wheelhouse of a chiropractor." Exercise. Nutrition. Alignment. Posture. He or she can advise you on all those and more.

"Doctors of chiropractic are dedicated to helping patients get the best outcome from their body," said the Foundation for Chiropractic Progress' Sherry McAllister, DC.

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