

# CHIROPRACTIC AND SENIOR CITIZENS

HEALTH ISSUES #27

Often a person will blame a health condition such as a bad shoulder, a bad knee, etc on their age. But if age were to blame, then it would stand to reason that both shoulders and both knees would be degenerated and not just one limb. These problems are due to cumulative stress and traumas, not to the passage of time.

## “AGING AND DEGENERATIVE (ARTHRITIC) CHANGES ARE NOT SYNONYMOUS.”

Harry Farfan, M.D.

The Journal of Orthopedic & Sports Physical Therapy. 1988



Upright posture and mobility were associated with different cognitive processes, suggesting different underlying neural mechanisms. These results provide evidence for a link between postural alignment and cognitive functioning in healthy older adults.

## FRONTIERS IN AGING NEUROSCIENCE

Cohen, R. et al. (2016) Mobility and Upright Posture Are Associated with Different Aspects of Cognition in Older Adults.



“Deviations in the body’s center of gravity (poor posture) have resulted in intestinal problems, hemorrhoids, varicose veins, osteoporosis, hip and foot deformities, poor health, decreased quality of life, and a shortened life span.”

## JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

Freeman JT. Posture in the Aging and Aged Body, JAMA 1957; 165(7),pp 843-846

## “Older men and women with hyperkyphotic posture have higher mortality rates.”

### JRNL. AM. GERIATRIC SOCIETY

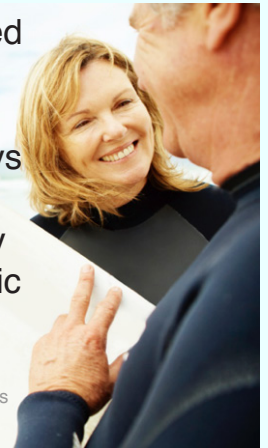
Kado, D. Hyperkyphotic posture predicts mortality in older community-dwelling men and women. 2004 Oct;52(10):1662-7

Chiropractic is a health care system that is founded on the premise that a properly functioning nervous system is essential to overall health and function of the human body.

**Doctors of Chiropractic detect and correct vertebral subluxations by physically adjusting the spine. This restores the nervous system to an optimum level of function, which maximizes the body’s inherent healing potential.**

Senior citizens who received Chiropractic care reported-better overall health, fewer chronic conditions, less days in hospitals and nursing homes, and greater mobility than elderly non-Chiropractic patients of similar ages.

Coulter, D. Chiropractic Patients in a Comprehensive Home-Based Geriatric Assessment Topics In Clinical Chiropractic (96)46-55



A recent clinical research study demonstrated that three months of Chiropractic care in a group of older patients resulted in improvements in their sensory and motor functions that are important for fall risk, as well as improvement in the physical component of quality of life and activities of daily living.

## JRNL OF MANIPULATIVE & PHYSIO. THERAPEUTICS

Holt, K. “Effectiveness of Chiropractic Care to Improve Sensorimotor Function Associated With Falls Risk in Older People.” April 2016 (39)