

AGING WITH EASE

There is currently a massive ageing population due to the fact that we are all living longer.

The number of people aged 65 and over has doubled since 1980 and is expected to double again within the next few decades. Because of this, there is a significant need to focus on helping the older generation stay healthy and lead active lives.

When you have a loved one who fits into the older demographic, comments such as “she had a fall” take on a whole new meaning. It no longer represents an uneventful, clumsy moment from which someone easily recovers. It can be very serious, even life threatening. Balance and coordination issues are common among the aging population, with falls accounting for more than 80% of injury-related hospital admissions in people older than 65 years.

A newly published study in New Zealand by researchers from the Centre for Chiropractic Research at the New Zealand College of Chiropractic, the University of Auckland and the University of Ontario

Institute of Technology has shown some significant results regarding falls and the elderly¹.

The joint receptors in the cervical spine (neck) provide the brain with the necessary information used to trigger balance and coordination. Degenerative changes or injuries to the cervical spine can affect how these joint receptors function and the information they send.

The trial demonstrated that 12 weeks of chiropractic care in a group of older patients resulted in improvements in their sensory and motor functions that are important for falls risk, as well as improvement in the physical component of quality of life. Given that falls are the leading cause of injury-related death in older adults, this research strongly supports the benefit of regular chiropractic care for older adults.

Walkers, sticks and nursing homes don't have to be part of the aging process. With so many seniors living longer and more vibrant lives, including chiropractic care as part of their wellness regime can help them get the most out of their golden years.

Reference: [1] Holt, Kelly R et al, “Effectiveness of Chiropractic Care to Improve Sensorimotor Function Associated With Falls Risk in Older People: A Randomized Controlled Trial, *Journal of Manipulative and Physiological Therapeutics*.

