

# The likelihood of back pain increases when you pass 55



## This is just one of many health issues your chiropractor can help you manage

If you're like many over 55s, you may experience problems with:

- General wellbeing
- Back pain
- Neck pain
- Mobility problems
- Joint stiffness
- Arthritis
- Osteoporosis

Your chiropractor can help — naturally, safely and effectively, all without using drugs.

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Your highly trained chiropractor focuses on locating, correcting and preventing impairments to the nervous system. The aim is to provide health benefits that address a wide range of wellness issues, both immediately and in the long term.

In fact, chiropractic care goes far beyond the treatment of back pain and has been effective in managing deficits such as back aches, headaches, and more — through the location and correction of nerve interference.

Chiropractic patients entering their senior years have been shown to be:

*'...less likely to have been hospitalised, less likely to have used a nursing home, more likely to report better health status, more likely to exercise vigorously, and more likely to be mobile in the community. In addition, they were less likely to use prescription drugs'\**

As the largest non-drug prescribing, non-surgical primary-contact health profession in the world, chiropractic care is a safe and effective option to manage a range of health issues.

Talk to your local chiropractor today, and find out more about how they can assist with seniors' health issues and help improve your quality of life.

\* Haas et al. (2005). Chronic Disease Self-Management Program for Low Back Pain in the Elderly. Journal of Manipulative and Physiological Therapeutics, 8(4), 228-238.