



CHIROPRACTIC can help manage a BROAD RANGE of HEALTH ISSUES associated with OVER 55'S - NOT JUST BACK PAIN!

Chiropractic - the largest, non-surgical, non-drug prescribing, primary contact health care profession in the world. A natural approach to health, chiropractic focuses on the relationship between the spine and the nervous system.

The primary focus of chiropractic is the location, correction and prevention of impairments to the nervous system. By correcting these impairments, chiropractic doctors can provide benefits to a wide range of health issues.

Chiropractic care can help over 55's manage:

- Wellbeing
- Osteoporosis
- Joint Stiffness
- Arthritis
- Back & Neck Pain
- Mobility Problems

“ *[Over 55's] chiropractic users were 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*.* ”

Chiropractic is extremely safe. Chiropractors are highly qualified and trained professionals who study full time at university for a minimum of five years. Each week, there are approximately 200,000 visits to Australian chiropractors for a broad range of reasons.

Regular chiropractic care may increase your quality of life, health and wellbeing.

So if you're over 55 and want to make the most out of life... Discover for yourself why **there's so much more to chiropractic.**

healthy spine, healthier 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.