

This Year's BackCare Awareness Week focuses on Back pain in Older Adults

Back pain is one of the major disabling health conditions among older adults aged 60 years and older. Many causes of lower back pain are age-related with physical and psychosocial changes. Research says that there is a distinct lack of awareness, especially in older adults as to the causes and effects of back pain and pain management.

Existing evidence suggests that prevalence rates of severe and chronic low back pain increase with older age. Older adults are also more likely to be physically inactive, which might make them more vulnerable to chronic pain. As we age too, we may become more sensitive to pain.

Often pain killers are taken and rest is recommended. However, for many years, chiropractors we have been recommending that patients should keep active.

HERE ARE OUR 3 TOP TIPS

Chiropractic care

Research has demonstrated that **chiropractic care** together with standard medical care has a significant **advantage for decreasing pain and improving physical function** when compared to only standard medical care alone.

Chiropractors use a range of techniques to reduce pain, improve function and increase mobility, including hands-on

manipulation of the spine. As well as manual treatment, chiropractors are able to offer a package of care which includes advice on self-help, therapeutic exercises and lifestyle changes.

Chiropractic treatment involves safe, often gentle, specific spinal manipulation to free joints in the spine or other areas of the body that are not moving properly. Apart from manipulation, chiropractors may use a variety of techniques including ice, heat, ultrasound, exercise and acupuncture as well as advice about posture and lifestyle.

Home Care - Move More

Look after your back and neck – it is the only one you have got! Don't wait until you are in pain, **be proactive and stay active.**

If you do more light physical activity or have less sedentary time per day you may be able to inhibit pain better and if you do more moderate to vigorous physical activity you may perceive less pain. Adopt good posture when sitting and standing but make sure that you walk at least for 30 minutes, five times a week.

Research further suggests that people with chronic musculoskeletal pain for more than three months are recommended to participate in exercises such as motor

control exercise, Taichi, and Yoga. Of the exercise-based interventions, mind-body exercises have recently become more popular for pain management. Exercises such as Pilates, Taichi, and Yoga do not only emphasise physical body movement, but also require combined mental focus, good breathing techniques and musculoskeletal stretching and relaxation. It is said that the combination of body and mind may contribute to better pain management in older adults. For more information on Yoga classes please go to our website www.chiropractorinstoke.co.uk/yoga.

Eat healthy Foods

Eat at least one nutritious healthy meal every day. Avoid foods that may cause inflammation in your body and enjoy good helpings of fruit and vegetable on a daily basis.

If you suffer from pain and you are not sure what to do, then seek professional help rather than resorting to painkillers and a sedentary lifestyle.

Feel free to contact us on 01782 711191/01782 848184 or come to our **Open Day on Saturday 13th October 2018 for a free spinal assessment***.

(*limited spaces – booking advance is advisable)

BackCare Awareness Week from 8th to 13th October



OPEN DAY SATURDAY
13th OCTOBER 10-12
FREE SPINAL ASSESSMENT*

(*limited appointments available - call us to reserve an assessment)

"I'm in pain, can Chiropractic help me?"

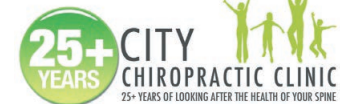
These are some of the conditions we treat:

**Headaches - Back Pain - Neck Pain
Numbness or Pain in Legs
Numbness in Arms & Hands
Pain between Shoulder Blades**

Open on Saturdays



01782 711191



01782 848184



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£10 FOR YOUR FIRST VISIT

(A first visit includes a Consultation, a thorough Orthopaedic, Chiropractic and Neurological examination and a digital posture analysis.) Cut out and bring along this voucher to entitle you to this discount – offer expires 20th October, 2018

