

Chiropractic patients in a comprehensive home-based geriatric assessment, follow-up and home promotion program.

Coulter ID et al. Topics in Clinical Chiropractic 1996: June, Vol 3(2): pgs. 46-55.

A three-year study of senior citizens over 75 years of age revealed that seniors who receive chiropractic care spend fewer days in hospitals and nursing homes than elderly non-chiropractic patients.

Senior citizens under chiropractic care report better overall health, have fewer chronic conditions, and are less likely to use prescription drugs than non-chiropractic patients.

The senior chiropractic patients were more likely to exercise vigorously and more likely to be active in the community.

87% of senior citizens under chiropractic care described their health status as good or excellent, compared to only 65% of non-chiropractic patients.

Chiropractic patients spend 15% less time in nursing homes and 21% less time in hospitals than the non-chiropractic patients.

As the population ages, more people are consulting doctors of chiropractic, especially in their later years. As we live longer, there are growing concerns about over-medication and the side effects of combining various prescription drugs. Safe, natural chiropractic care is growing in popularity. Restoring proper nerve and spinal function can help improve mobility, vitality, and endurance, and therefore the quality of life.