

# Our April Newsletter



Easter is fast approaching and that marks the end of lent. What did you give up this year for lent? Maybe it was chocolate, maybe it was smoking or maybe it was wheat. Whatever it was, we hope you succeeded in your abstinence, however when most people decide to cut something out they find they are unable to last very long, willpower fades and eventually we are over-powered and succumb to the temptation.

Never  
give up.  
Great  
things take  
time.

So next time you look to cut something out or stop doing something why not think about adding something into your lifestyle instead. Maybe that could be more water, a 10 min walk per day, more leafy green vegetables, some high quality supplements or some meditation? When we add something into our diet rather than taking it away we are much more likely to succeed in our endeavor and ultimately improve our health. Overtime, if we begin to add more and more new things into our lifestyle we find that eventually we don't have the time to do the things that are unhealthy and our new habits have become part of our daily lives. So next time you want to make a change why not give that a go!



## April Competition

As its Easter we couldn't miss out on doing an Easter Egg hunt at our clinic. So we have hidden a picture of an egg somewhere in the clinic and if you find it you'll win a delicious Easter Egg!

Happy Hunting!

Don't Forget To Reserve A Place For You And A Friend At Our Workshops On Wednesday Evenings at 7:15pm or Monday Lunchtime at 1:30pm. See The Front Desk For More Details!

# Chiropractic Care and older people: improved function, less falls.

Research: Chiropractic care can improve sensory, motor functions important in falls risk, and impact quality of life



A newly published trial (1) has shown 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. The study, the main trial in chiropractic researcher Dr. Kelly Holt's PhD, states:

*"Falls account for more than 80% of injury-related hospital admissions in people older than 65 years, and they are the leading cause of injury-related death in older adults"*

The study showed that compared with the control group:

- Those receiving chiropractic care "improved significantly in ankle joint position sense error." This shows a potential impact of chiropractic care on proprioception, or the brain's ability to know where the body is in space.
- There was also a significant improvement of increased sensorimotor function at 12-weeks. Interestingly they only started to improve after 4 weeks of care, but not before.
- At the 12-week mark, the chiropractic group also improved by 13.5% in multisensory processing (integrating information from two or more senses), an important factor in falls risk.
- The chiropractic group also displayed statistically significant improvements in quality of life related to physical health.

## Story at-a-glance

1. This Randomized Controlled Trial showed that chiropractic can help improve function in older people, with a possible impact on their overall health and quality of life. We should encourage older adults to get checked!
2. There was a really big improvement in one of the measures as a result of more than 4 weeks of chiropractic care, but not less time. Sometimes the improvements in function that we're looking for just take time.
3. **Practical Application:** 12 weeks of chiropractic care resulted in improvements in some factors that are important for falls risk (sensory and motor function), as well as improvement in the physical component of quality of life in a group of older adult people.

*"In general, older people are underrepresented in many chiropractic practices." says Holt "This study should give chiropractors confidence that they can help improve function in their older patients and that may have an impact on their overall health and quality of life. We should encourage older adults to get checked!"*

From this study, chiropractors can confidently say that *"12 weeks of chiropractic care has resulted in improvements in some factors that are important for falls risk (sensory and motor function), as well as improvement in the physical component of quality of life in a group of older adult patients."*

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.

# Practice Member of the Month

This month we are celebrating the amazing health achievements of

JACK LANCASHIRE

Jack started at the practice in May 2016 after seeing an advert in the local newspaper offering a complimentary spinal check. He attended his consultation with Dr. Houplain where he explained that he had been struggling with severe low back pain, he was unable to sleep in bed and had been sleeping in a reclining chair for the past 10 months. He had also lost 4 inches in height and was walking with a walking stick in a stooped posture.



Jack embarked on a 3 month adjustment program and by July was feeling better and could lie on his back for up to an hour after just 2 sessions. By August he went to bed for the first time since September of the previous year and slept all night. He continued with his full treatment plan attending all of his adjustments and re-examinations on time as well as following all the lifestyle advice given by Paul.

For his amazing commitment and determination to get better Jack is no longer suffering with severe low back pain and can walk upright and unaided. He is now a Platinum Member of our chiropractic community and attends the practice twice a month for regular maintenance care to help keep him moving and caring for his wife.

Well Done Jack! It's always a pleasure to see you in the clinic and we can't wait to see how well you'll be in another year!

# Oldham Chiropractic's Team Member of the month

Is

PAUL



Massive congratulations to Paul for all his hard work and the extra work he has been doing for his guests over the past months. He's had a high number of referrals and some amazing stories from his guests.

**Congratulations Paul!**

## Energy Boost Juice

Juicing is a great way to get a lot of the nutrients your body needs from fruit but especially vegetables. Why not try this juice as a starter to get your energy levels up ready to take on the day or to beat that mid afternoon slump!

### Coconut and kale juice

- Handful of Kale
- 1 apple
- 100ml coconut water,
- ginger ( to taste )



Food is the best way to get the nutrients we need into our bodies as it is the easiest way for our bodies to absorb them. However if you don't think juicing is for you then why not try a multivitamin? Make sure it is a good high quality one free from chemicals.

See the front desk for more details on what we have available at the practice.